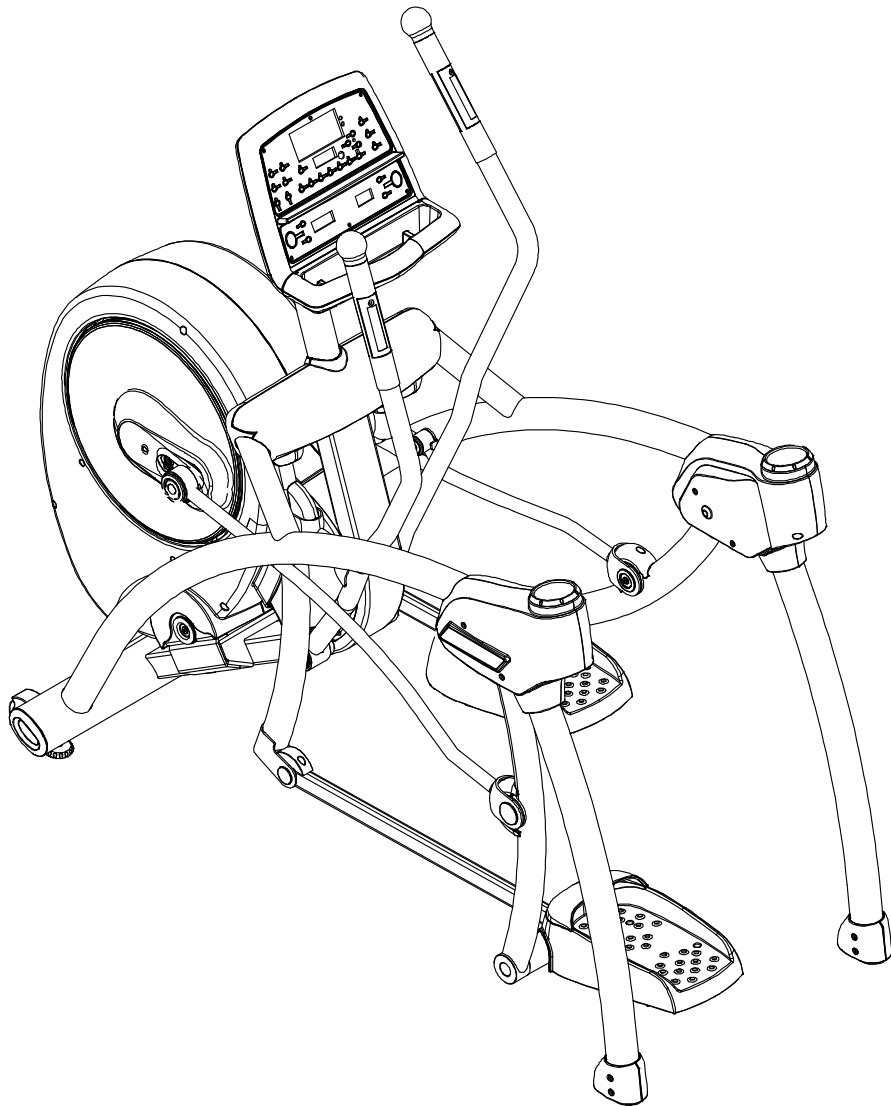# CYBEX 350A HOME ARC TRAINER

**MODEL NUMBER: 350A**

**CYBEX**®

USER WEIGHT LIMITATION: **300lbs (135 kg)**

SERIAL NUMBER (found on frame):

CE

## SAFETY PRECAUTIONS

**For future service or related questions**:

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your Home Arc Trainer.

Name: _____ Phone Number: _____ Receipt: _____

**Precautions**:

***WARNING: Failure to Read and Follow the following Precautions could result in Serious Injury!  To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the Home Arc Trainer.  It is the responsibility of the owner to ensure that all users of this Home Arc Trainer are adequately informed of all warnings and precautions.***

- Use the Home Arc Trainer only as described in this manual.

- Place on a level surface, with 6 feet (2 m) of clearance behind it.  Do not place the Home Arc Trainer on any surface that blocks air openings.  To protect the floor or carpet from damage, place a mat under the Home Arc Trainer.

- When choosing a location for the Home Arc Trainer make sure that the location and position permit access to a plug.

- Keep the Home Arc Trainer indoors, away from moisture and dust.  Do not put the Home Arc Trainer in a garage or covered patio, or near water.

- Do not operate the Home Arc Trainer where aerosol products are used or where oxygen is being administered.

- Keep children under the age of 12 and pets away from the Home Arc Trainer at all times.

- The Home Arc Trainer should not be used by persons weighing more than **300 lbs (135 kgs)**

- Never allow more than one person on the Home Arc Trainer at a time.  Wear appropriate exercise clothing when using the Home Arc Trainer.  Do not wear loose clothing that could become caught in the Home Arc Trainer. Athletic support clothes are recommended for both men and women.  Always wear athletic shoes. Never use the Home Arc Trainer with bare feet, wearing only stockings, or in sandals.

- When connecting the power cord, plug the power cord into a grounded circuit.  No other appliance should be on the same circuit.

- Obtain a medical exam before beginning any exercise program.

- Stop exercising if you feel faint, dizzy or experience pain.

- Always examine your Home Arc Trainer before using to ensure all parts are in working order.

- Allow the foot plates to fully stop before dismounting.

- Never insert any object or body parts into any opening.

- Follow the safety information in regards to plugging in your Home Arc Trainer.

- Keep the power cord away from the incline wheels and do not run the power cord underneath your Home Arc Trainer.  Do not operate the Home Arc Trainer with a damaged or frayed power cord.

- Always unplug the Home Arc Trainer before cleaning and/or servicing.  Service to your Home Arc Trainer should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.  Failure to follow these instructions will void the Home Arc Trainer warranty.

- Never leave the Home Arc Trainer unattended while it is running.

- The equipment is for Home Use Only.  Use of the Home Arc Trainer in a commercial, hotel, or other setting than an individual home will void all warranties and could cause injury.

## POWER REQUIREMENTS

**Power Requirements**:

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK.  CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE PROVIDER IF YOU ARE IN DOUBT AS TO WHETHER THE UNIT IS PROPERLY GROUNDED.  DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT.  IF THE PLUG WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

The Home Arc Trainer can be seriously damaged by sudden voltage changes in your home's electrical power.  Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off.  To reduce the possibility of damage, always use a surge protector (not included) with your unit.

Surge protectors can be purchased at most hardware stores.  The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 120VAC, 15 amps.

This Home Arc Trainer must be grounded to reduce the risk of electrical shock.  Grounding provides a path of least resistance for electric current, should the Home Arc Trainer malfunction.  This unit comes with an electrical cord having an equipment-grounding conductor and a grounding plug.  As shown in the diagrams below, always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.
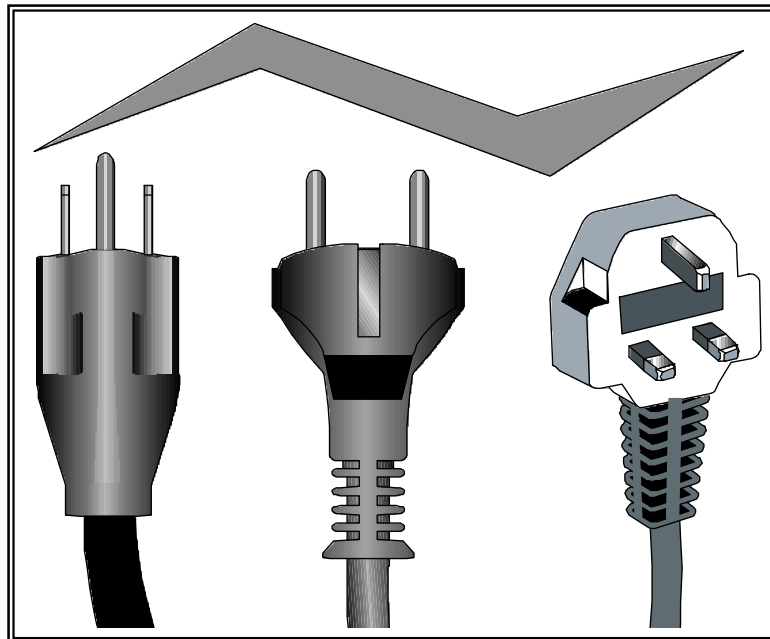
This Home Arc Trainer is for use on a nominal 115 VAC +/- 5%, 50/60 Hz and 15 amps; or 230 VAC +/- 10%, 50/60 Hz and 10 amps.

Product Spec:

Product dimensions : L70.7 x W28.5 x H62.3 INCH
Product weight: 300 LBS.
Power required : 110 v

## PREASSEMBLY

**Open the boxes**:

As you open each box, take inventory of all items contained inside the box. Use the "Content Checklist" and "Hardware Comparison Chart" located on the following pages to assist you in taking inventory of each box. If you are missing any parts or have any assembly questions call your local Cybex Retailer or Cybex Customer Service 1-888-462-9239.

**Gather your tools**:

Before starting the assembly, gather all the necessary tools you need to assemble the unit properly.

**Clear your work area**:

Make sure that your work area is free and clear from all objects that may cause injury during assembly.  After the unit is fully assembled, allow enough clearance for safe access and operation.

**Invite a friend**:

For assembly steps that require heavy lifting, use a minimum of two people to lift, move and assemble this unit.

**User Weight Limitation**:

Do not use this unit i**f you weigh more than 300 lbs (135 kg). This is the rated maximum user weight. Serious injury may occur if the user's weight exceeds 300 lbs (135 kg).**

**Care and maintenance**:

1.  The safety level of the Home Arc Trainer can be maintained only if it is examined regularly for damage and wear.

2.  Replace defective components immediately and stop the use of the equipment until it is repaired.

3.  Always be careful when mounting or dismounting the equipment.  Use the handles to steady yourself before starting your workout.  Dismount from the equipment only after you have come to a complete stop.

4.  Always check your Home Arc Trainer for any worn parts or torn or damaged labels.  If any parts are broken or labels missing, please call Cybex Customer Service.


**Cleaning Your Home Arc Trainer:**

After each use:
1.  Wipe up any liquid spills immediately.
2.  Use a cloth to wipe up any remaining perspiration from the handles and painted surfaces.

As Needed:
1.  Clean your unit using a spray a mild cleaning agent, such as a water and dish soap solution, on a clean cloth first and then wipe the unit with a damp cloth.   NOTE: Do not spray cleaning solution directly on the unit. Direct spraying could cause damage to the electronics and may void the warranty.
2.  Vacuum any dust or dirt that might accumulate under or around the unit.

Heart Rate Grips

Contaminants, such as hand lotions, oils or body powder may come off on the contact heart rate grips. These can reduce sensitivity and interfere with the heart rate signal. It is recommended that you use clean hands when using the contact heart rate. Clean the heart rate grips periodically as noted below.

1.  Clean heart rate grips using a cloth dampened with a cleaning solution containing alcohol. The grips are the only part of the unit you should use a cleaning solution containing alcohol.

## CONTENTS CHECKLIST

**Carton contents**:

For your convenience, we have identified the contents of the shipping carton.  Please check to make sure you have all of the components before assembly.  This chart is provided to help you identify the components used in the assembly of this product.

| No. | Description | Qty. |
|-----|-------------|------|
| Box **A** | | |
| | Computer set | 1 |
| Box **B** | | 1 |
| 513 | Adjustable foot stand M8 | 2 |
| 321 | Handlebar bottom bushing | 2 |
| 351 | Handlebar front end-upper | 1 |
| 352 | Handlebar front end-bottom | 1 |
| 353 | Water bottle cover-outer left | 1 |
| 354 | Water bottle cover-inner left | 1 |
| 355 | Water bottle cover-outer right | 1 |
| 356 | Water bottle cover-inner right | 1 |
| 362 | Water bottler insert | 2 |
| 360 | Console mount cover-front | 2 |
| 361 | Console mount cover-back | 2 |
| 521 | Power cord | 1 |
| 624 | Chest belt | 1 |
| A | Hardware kit | 1 |
| Box **C** | | 1 |
| 358 | Foot pedal cover-left | 1 |
| 359 | Foot pedal cover-right | 1 |

A BOX

B BOX

C BOX
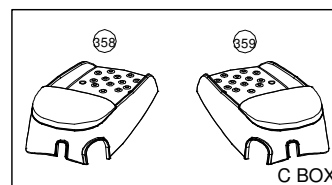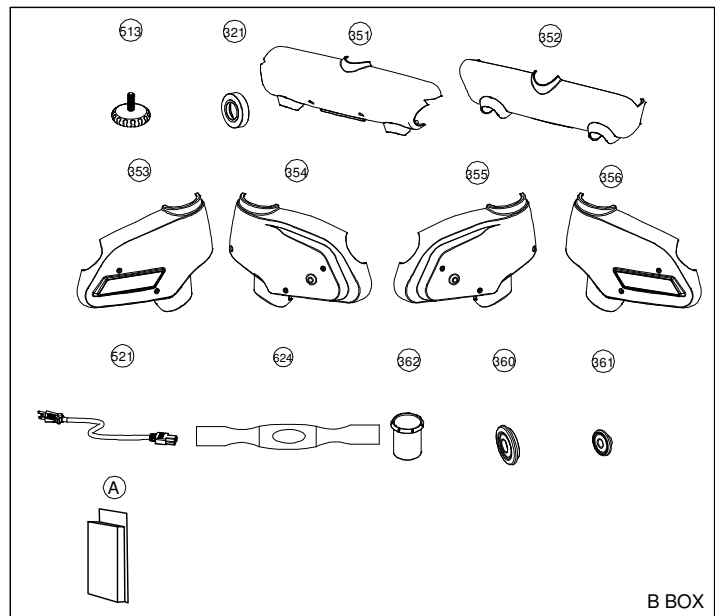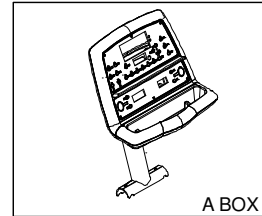
## HARDWARE COMPARISON CHART

**Hardware chart**:

For your convenience, we have identified the hardware used in the assembly of this product.  This chart is provided to help you identify those items that may be unfamiliar to you.

| No. | Description | Qty. |
|-----|-------------|------|
| 501 | Flat hex head  bolt M8x16 | 4 |
| 502 | Button head cap screw M6x16 | 2 |
| 503 | M8x25 Bolt | 6 |
| 504 | M10x70 Bolt | 2 |
| 505 | Crank bushing 35X35 mm | 2 |
| 506 | M4x15 Screw | 8 |
| 507 | M4x19 Screw | 4 |
| 508 | M10 Nylon Nut | 2 |
| 509 | φ16 x 6 x T2 washer | 2 |
| 510 | φ32 x 8 x T2.0 washer | 4 |
| 511 | φ26 x12XT3.0 washer | 2 |
| 512 | φ26x 10XT2.0 washer | 2 |
| 514 | Self tapping screw M4X12 | 8 |
| 515 | φ19x8xT1.6 Curve Washer | 4 |
| 516 | M8 Spring washer | 4 |
| A | Phillips Head Wrench | 1 |
| B | M5 Allen wrench | 1 |
| C | M4 Allen wrench | 1 |
| D | 17mm Spanner | 1 |
| E | 19mm Spanner | 1 |



0   10   20   30   40   50   60   70   80   90   100
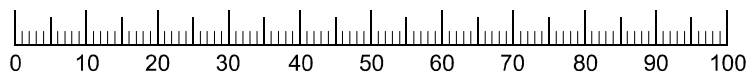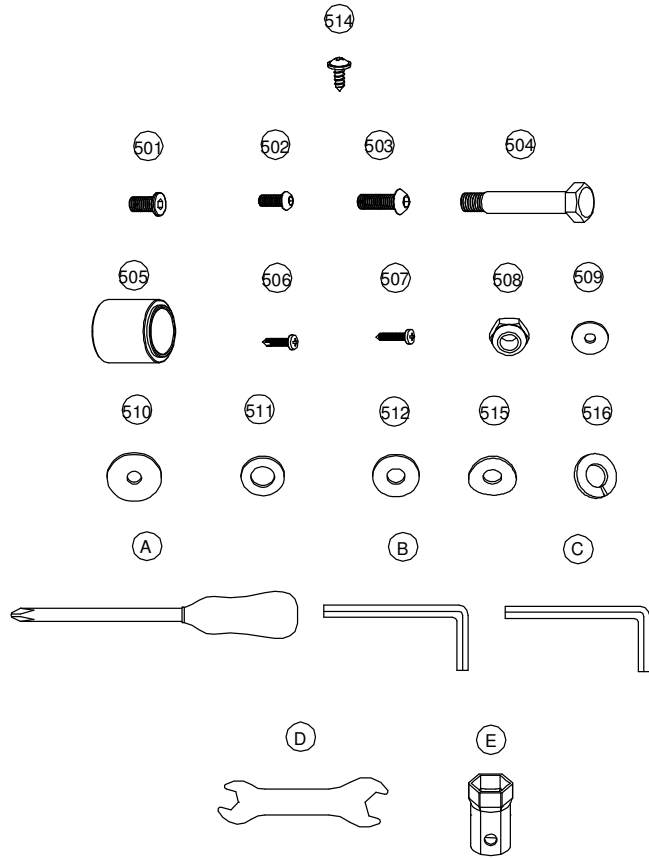
**MILLIMETERS**

## PARTS LIST

| | Description | Qty. | Order No. |
|---|---|---|---|
| 101 | Main frame | 1 | 350A-101 |
| 105 | Front linkage-left | 1 | 350A-105 |
| 106 | Front linkage-right | 1 | 350A-106 |
| 109 | Moving Linkage-left | 1 | 350A-109 |
| 110 | Moving Linkage -right | 1 | 350A-110 |
| 116 | Console support bracket | 1 | 350A-116 |
| A01 | Fly wheel set | 1 | 350A-A01 |
| A02 | Left handlebar set | 1 | 350A-A02 |
| A03 | Right handlebar set | 1 | 350A-A03 |
| A04 | Back linkage-left | 1 | 350A-A04 |
| A05 | Back linkage-right | 1 | 350A-A05 |
| A06 | Rear support leg | 2 | 350A-A06 |
| A07 | Arm linkage | 2 | 350A-A07 |
| A08 | Foot support tube assembly-right | 1 | 350A-A08 |
| A09 | Foot support tube assembly-left | 1 | 350A-A09 |
| A10 | Water bottle cover-left | 1 | 350A-A10 |
| A11 | Water bottle cover-right | 1 | 350A-A11 |
| A12 | Power switch set | 1 | 350A-A12 |
| A13 | Console insert | 1 | 350A-A13 |
| 202 | Bearing 6804 | 4 | 350A-202 |
| 205 | Bearing 2205 | 4 | 350A-205 |
| 206 | Bearing 6001 | 4 | 350A-206 |
| 208 | Bearing 6205 | 2 | 350A-208 |
| 209 | Bearing BL-6206 | 2 | 350A-209 |
| 210 | Tolerance ring AN28-(ID28xT8) | 4 | 350A-210 |
| 211 | Tolerance ring AN32-(ID32xT7) | 4 | 350A-211 |
| 214 | Tolerance ring AN52-(ID52xT18) | 4 | 350A-214 |
| 216 | Front linkage bushing 35x16--ID15 | 2 | 350A-216 |
| 217 | Drive linkage bushing 45x23--ID5 | 2 | 350A-217 |
| 221 | Moving wheel | 2 | 350A-221 |
| 223 | Drive linkage axel 45x59-(25x36)-M8 | 2 | 350A-223 |
| 224 | Front linkage axel 35x41-(15x20)-M6 | 2 | 350A-224 |
| 225 | Oval tube cap | 2 | 350A-225 |
| 230 | Plastic cover insert | 12 | 350A-230 |

## PARTS LIST

| | Description | Qty. | Order No. |
|---|---|---|---|
| 302 | Console cover-upper | 1 | 350A-302 |
| 303 | Console cover-bottom | 1 | 350A-303 |
| 304 | Console tray-upper | 1 | 350A-304 |
| 305 | Console tray-bottom | 1 | 350A-305 |
| 306 | Main cover-left | 1 | 350A-306 |
| 307 | Main cover-right | 1 | 350A-307 |
| 309 | Incline motor cover-left | 1 | 350A-309 |
| 310 | Incline motor cover-right | 1 | 350A-310 |
| 311 | Pulley cover | 2 | 350A-311 |
| 313 | Rear support leg bottom cover-inner | 2 | 350A-313 |
| 314 | Rear support leg bottom cover-outer | 2 | 350A-314 |
| 316 | Back linkage end cap | 2 | 350A-316 |
| 317 | Drive linkage rear axel cover | 2 | 350A-317 |
| 318 | Front linkage axel cover | 2 | 350A-318 |
| 320 | Back linkage bushing ring | 2 | 350A-320 |
| 321 | Handlebar bottom bushing | 2 | 350A-321 |
| 323 | Moving wheel cover | 2 | 350A-323 |
| 351 | Handlebar front end-upper | 1 | 350A-351 |
| 352 | Handlebar front end-bottom | 1 | 350A-352 |
| 357 | Foot pedal cover-upper | 2 | 350A-357 |
| 358 | Foot pedal cover-left | 1 | 350A-358 |
| 359 | Foot pedal cover-right | 1 | 350A-359 |
| 360 | Console mount cover-front | 2 | 350A-360 |
| 402 | Flat hex head  bolt M8x16 | 8 | 350A-402 |
| 407 | Button head cap screw M5x10 | 4 | 350A-407 |
| 409 | Button head cap screw M6x16 | 6 | 350A-409 |
| 411 | Button head cap screw M10x50 | 2 | 350A-411 |
| 422 | Button head M5x35 | 4 | 350A-422 |
| 423 | Button head M5x45 | 2 | 350A-423 |
| 427 | Nylon nut M10 | 2 | 350A-427 |
| 432 | Arm linkage axel | 2 | 350A-432 |
| 433 | Back linkage axel | 2 | 350A-433 |
| 434 | Foot support axel | 2 | 350A-434 |
| 435 | Phillips head M4x15 | 20 | 350A-435 |
| 437 | Phillips head M4x15 | 20 | 350A-437 |
| 441 | R clip | 4 | 350A-441 |
| 447 | Washer 30x8xT2.0 | 4 | 350A-447 |
| 448 | Washer 27x8xT2.0 | 4 | 350A-448 |
| 451 | Washer 20x6xT1.5 | 2 | 350A-451 |
| 452 | Bushing 12x8x6 | 2 | 350A-452 |
| 454 | Phillips head M4x25 | 1 | 350A-454 |

## PARTS LIST

| | Description | Qty. | Order No. |
|---|---|---|---|
| 501 | Flat hex head  bolt M8x16 | 4 | 350A-501 |
| 502 | Button head cap screw M6x16 | 2 | 350A-502 |
| 503 | Button head cap screw M8x25 | 6 | 350A-503 |
| 504 | Bolt M12x70 | 2 | 350A-504 |
| 505 | Crank bushing 35x35 | 2 | 350A-505 |
| 506 | Allen head screw M4x15 | 8 | 350A-506 |
| 507 | Allen head screw M4x19 | 4 | 350A-507 |
| 508 | Nylon nut M10 | 2 | 350A-508 |
| 509 | Washer 16x6xT2 | 2 | 350A-509 |
| 510 | Washer 30x8xT2.0 | 4 | 350A-510 |
| 511 | Washer 26x12xT3.0 | 2 | 350A-511 |
| 512 | Washer 26x10xT2.0 | 2 | 350A-512 |
| 513 | Adjustable foot stand M8 | 2 | 350A-513 |
| 514 | Allen head screw M4x12 | 8 | 350A-514 |
| 515 | 19x8xT1.6 Curve Washer | 4 | 350A-515 |
| 516 | M8 Spring washer | 4 | 350A-516 |
| A | Phillips Hand Wrench | 1 | 350A-A |
| B | M5 Allen wrench | 1 | 350A-B |
| C | M4 Allen wrench | 1 | 350A-C |
| D | 17min Spanner | 1 | 350A-D |
| E | 19mm Spanner | 1 | 350A-E |
| 521 | Power code | 1 | 350A-521 |
| 610 | 12Pin power wire-upper | 1 | 350A-610 |
| 615 | 4P hand pulse signal wire-upper | 1 | 350A-615 |
| 621 | Heart rate grommet | 2 | 350A-621 |
| **A02** | **Left handlebar set** | | |
| 103 | Left handlebar frame | 1 | 350A-103 |
| 321 | Handlebar bottom bushing ring | 1 | 350A-321 |
| 207 | Bearing 6005 | 2 | 350A-207 |
| 213 | Tolerance ring AN47-(ID47xT12) | 2 | 350A-213 |
| 501 | Flat hex head  bolt M8x16 | 1 | 350A-501 |
| 510 | Washer 30x8xT2.0 | 1 | 350A-510 |
| **A03** | Right handlebar set | | |
| 104 | Right handlebar frame | 1 | 350A-104 |
| 321 | Handlebar bottom bushing ring | 1 | 350A-321 |
| 207 | Bearing 6005 | 2 | 350A-207 |
| 213 | Tolerance ring AN47-(ID47xT12) | 2 | 350A-213 |
| 501 | Flat hex head  bolt M8x16 | 1 | 350A-501 |
| 510 | Washer 30x8xT2.0 | 1 | 350A-510 |
| **A04** | Back linkage-left | | |
| 107 | Back linkage-left | 1 | 350A-107 |
| 312 | Foot support tube axel cover | 1 | 350A-312 |

## PARTS LIST

| | Description | Qty. | Order No. |
|---|---|---|---|
| **A05** | Back linkage-right | | |
| 108 | Back linkage-right | 1 | 350A-108 |
| 312 | Foot support tube axel cover | 1 | 350A-312 |
| **A06** | Rear support leg | | |
| 111 | Rear support leg | 1 | 350A-111 |
| 324 | Rear support leg stand | 1 | 350A-324 |
| **A07** | Arm linkage | | |
| 113 | Arm linkage | 1 | 350A-113 |
| 206 | Bearing 6001 | 1 | 350A-206 |
| 210 | Tolerance ring AN28-(ID28xT8) | 1 | 350A-210 |
| 361 | Console mount cover-back | 1 | 350A-361 |
| 439 | R clip | 1 | 350A-439 |
| 502 | Button head cap screw M6x16 | 1 | 350A-502 |
| 509 | Washer 20x6xT1.5 | 1 | 350A-509 |
| **A08** | Foot support tube assembly-right | | |
| 114 | Foot support tube assembly-right | 1 | 350A-114 |
| 203 | Bearing 2202 | 1 | 350A-203 |
| 207 | Bearing 6005 | 2 | 350A-207 |
| 212 | Tolerance ring AN35-(ID35xT14) | 1 | 350A-212 |
| 213 | Tolerance ring AN47-(ID47xT12) | 2 | 350A-213 |
| 315 | Front linkage top axel cover | 1 | 350A-315 |
| 319 | Front linkage bushing ring | 1 | 350A-319 |
| 402 | Flat hex head  bolt M8x16 | 1 | 350A-402 |
| 435 | Phillips head M4x15 | 1 | 350A-435 |
| 440 | R clip | 1 | 350A-440 |
| 447 | Washer 30x8xT2.0 | 1 | 350A-447 |
| **A09** | Foot support tube assembly-left | | |
| 115 | Foot support tube assembly-left | 1 | 350A-115 |
| 203 | Bearing 2202 | 1 | 350A-203 |
| 207 | Bearing 6005 | 2 | 350A-207 |
| 212 | Tolerance ring AN35-(ID35xT14) | 1 | 350A-212 |
| 213 | Tolerance ring AN47-(ID47xT12) | 2 | 350A-213 |
| 315 | Front linkage top axel cover | 1 | 350A-315 |
| 319 | Front linkage bushing ring | 1 | 350A-319 |
| 402 | Flat hex head  bolt M8x16 | 1 | 350A-402 |
| 435 | Phillips head M4x15 | 1 | 350A-435 |
| 440 | R clip | 1 | 350A-440 |
| 447 | Washer 30x8xT2.0 | 1 | 350A-447 |

## PARTS LIST

| | Description | Qty. | Order No. |
|---|---|---|---|
| **A10** | Water bottle cover-left | | |
| 353 | Water bottle cover-outer left | 1 | 350A-353 |
| 354 | Water bottle cover-inner left | 1 | 350A-354 |
| 230 | Plastic cover insert | 3 | 350A-230 |
| 506 | Allen head screw M4x15 | 4 | 350A-506 |
| 507 | Allen head screw M4x19 | 1 | 350A-507 |
| 362 | Water bottler insert | 1 | 350A-362 |
| **A11** | Water bottle cover-right | | |
| 355 | Water bottle cover-outer right | 1 | 350A-355 |
| 356 | Water bottle cover-inner right | 1 | 350A-356 |
| 230 | Plastic cover insert | 3 | 350A-230 |
| 506 | Allen head screw M4x15 | 4 | 350A-506 |
| 507 | Allen head screw M4x19 | 1 | 350A-507 |
| 362 | Water bottler insert | 1 | 350A-362 |
| **A12** | Power switch set | | |
| 233 | Power switch bracket | 1 | 350A-233 |
| 308 | Power input set\ | 1 | 350A-308 |
| 408 | Button head cap screw M5x25 | 2 | 350A-408 |
| 421 | Button head M3x6 | 2 | 350A-421 |
| 424 | Nut M5 | 2 | 350A-424 |
| 601 | Power insert set | 1 | 350A-601 |
| 602 | Fuse | 1 | 350A-602 |
| 603 | Power switch | 1 | 350A-603 |
| **A13** | **Console insert** | | |
| 301 | Console insert with PC board | 1 | 350A-301 |
| 436 | Phillips head M3x12 | 8 | 350A-436 |
| 608 | Computer overlay-upper | 1 | 350A-608 |
| 609 | Computer overlay-bottom | 1 | 350A-609 |
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## PARTS DIAGRAM

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## PARTS DIAGRAM

**A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED AT THE FACTORY.**

## ASSEMBLY

**STEP 1**:

Open box, remove the three (3) accessories boxes positioned between the foot pedals and set aside. Remove arms and set aside. Remove the zip tie which tightens the frame on the wooden rack and remove the wooden rack. Determine location of use for the 350A Home Arc Trainer and lift main frame (101) out. *Note: It is recommended that two people lift the main frame out of the box.* Remove all other packing material from the frame. Lift the back end up as shown.
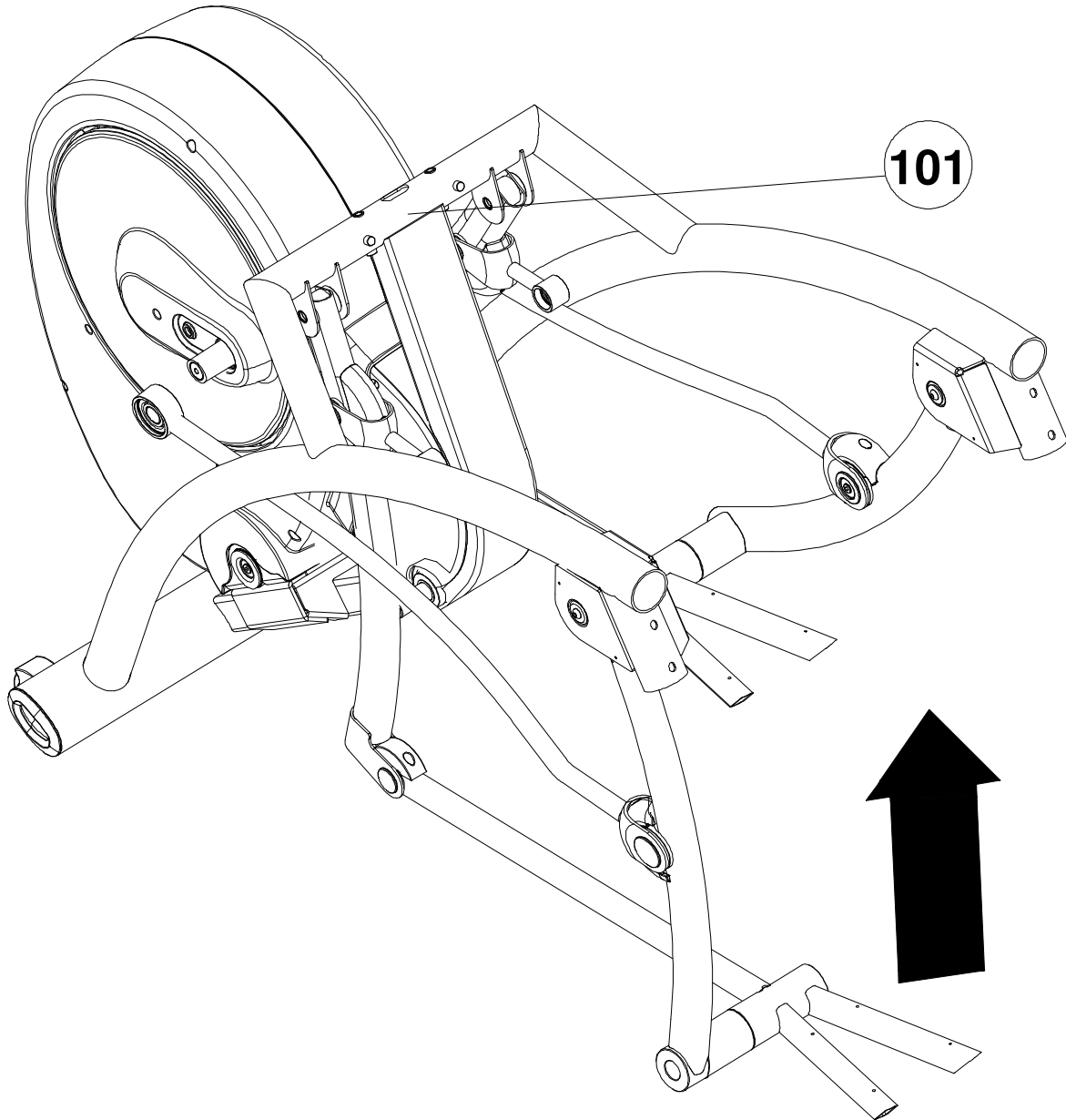
## ASSEMBLY

**STEP 2**:

With back end elevated, insert Left Rear Support Leg (A06) and Right Rear Support Leg (A06) into the frame and secure with M8x25 Allen bolts (503), Spring washer (516) and Washer (515) on each side as shown.
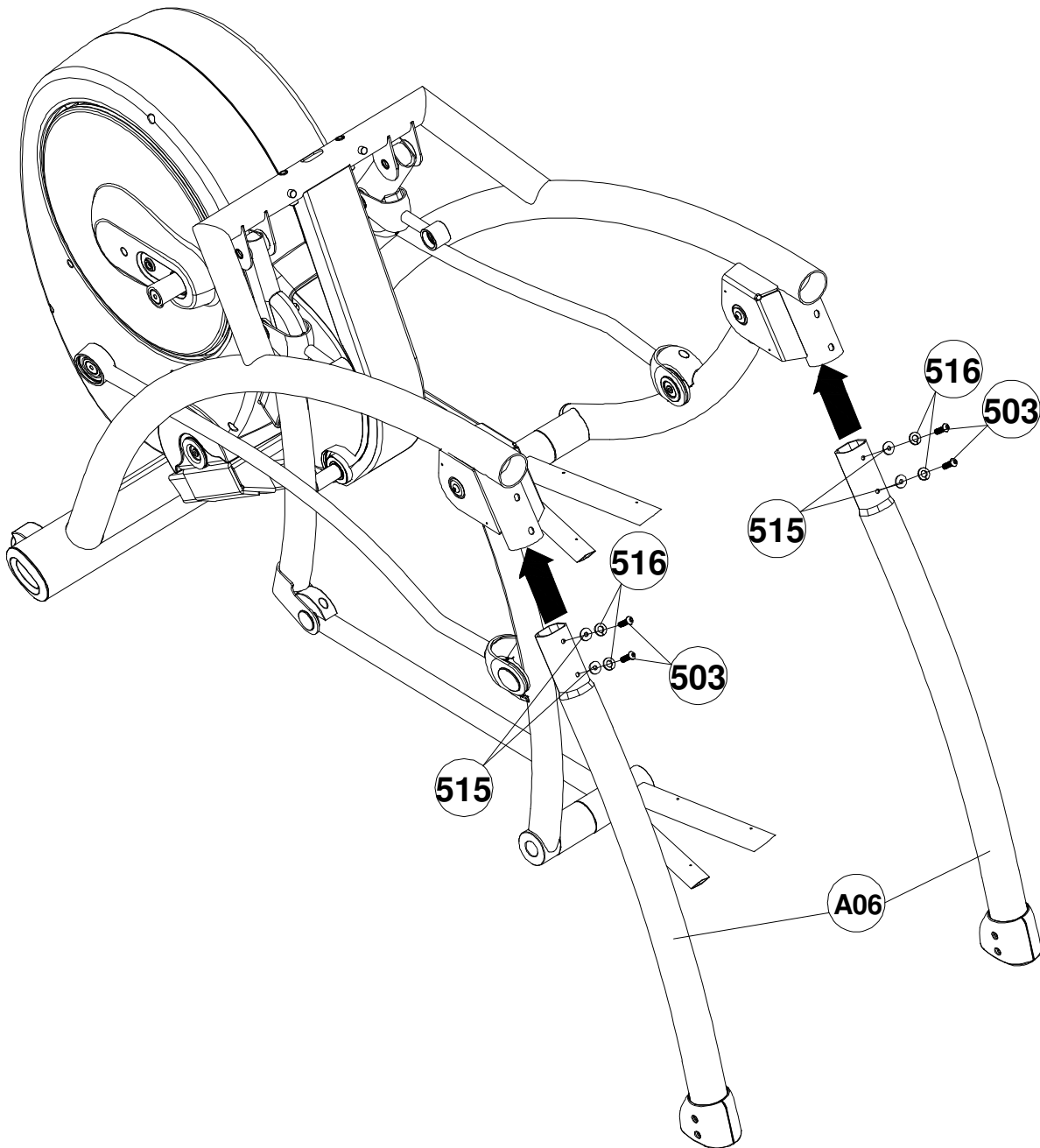
## ASSEMBLY

**STEP 3**:

Attach the Left Pedal Swing Arm (106) and Right Pedal Swing Arm (105) with the pivoting bracket on the main frame as shown and secure with M12x70 shoulder bolt (504), 26x12xT3.0 washer (511) and M12 Nylon Nut (508) on each side. *Important Note: The shoulder bolt must be inserted into the pivoting bracket completely, no gap should exist between the shoulder bolt head and the pivoting bracket. See* Figure below.
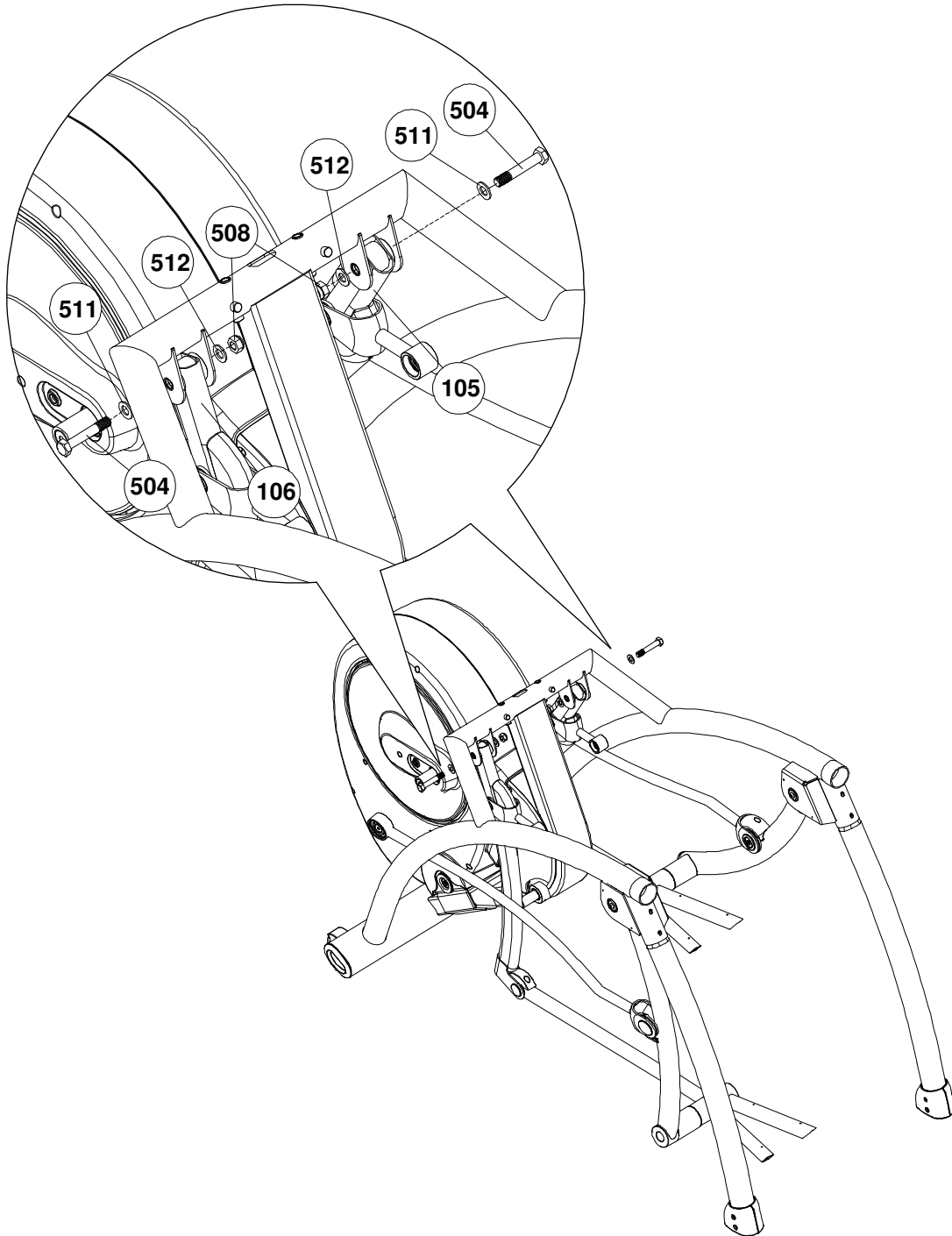
## ASSEMBLY

**STEP 4**:
Place the Pedal (359,358) on the Pedal Arm and secure the pedal with 4-4x15 Screws (506) from the top of pedal as shown.
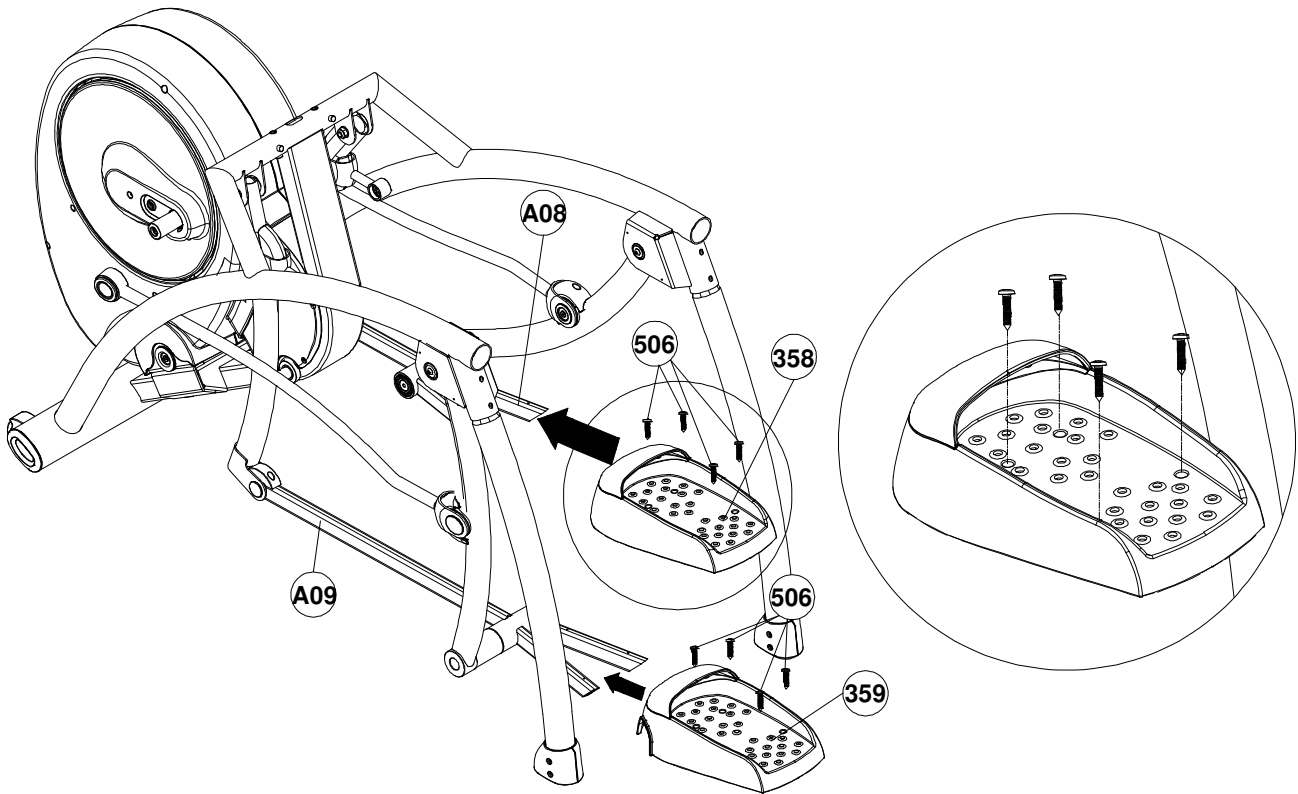
## ASSEMBLY

**STEP 5**:
Place spacers on the right and left side of the handlebar shaft (321). Line up the Left Handlebar (A02) lower pivot housing with the shaft on the main frame and the shaft on the Left Handlebar with the Linkage (113), then push both pivot joints in at the same time. Secure the handlebar with Flat hex head bolt M8x16 (501) and Washer 30x8xT2.0 (510) on the lower pivot joint. Secure the handle bar to the Linkage (113) with the Button head cap screw M6x16 (502), Cap (361) and Washer 16x6xT2 (509). Repeat the same procedure for the right hand side.
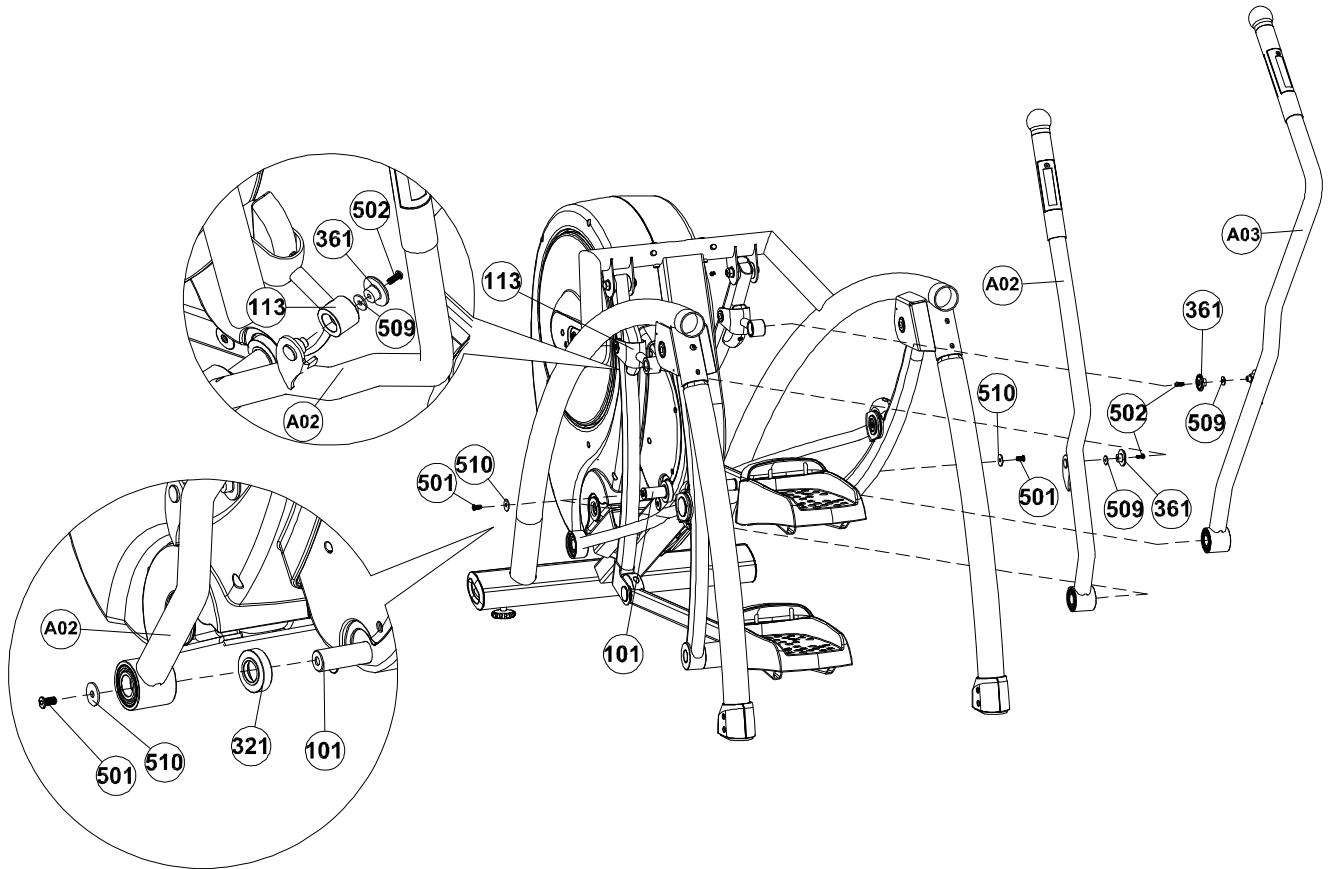
## ASSEMBLY

**STEP 6**:
Rotate the Left Crank to the lowest position as shown below. *Important Note: Failure to rotate the crank arm to the proper position will not allow the unit to be assembled properly.* Place the Crank Bushing (505) on the Left Crank Shaft (434) and then mount the Left Crank-Pedal Link Bar (110) on the left crank shaft, attach the Cap (360) on and secure with M8x16 Flat Allen head bolt (501) as shown. Repeat the same procedure on the right hand side.
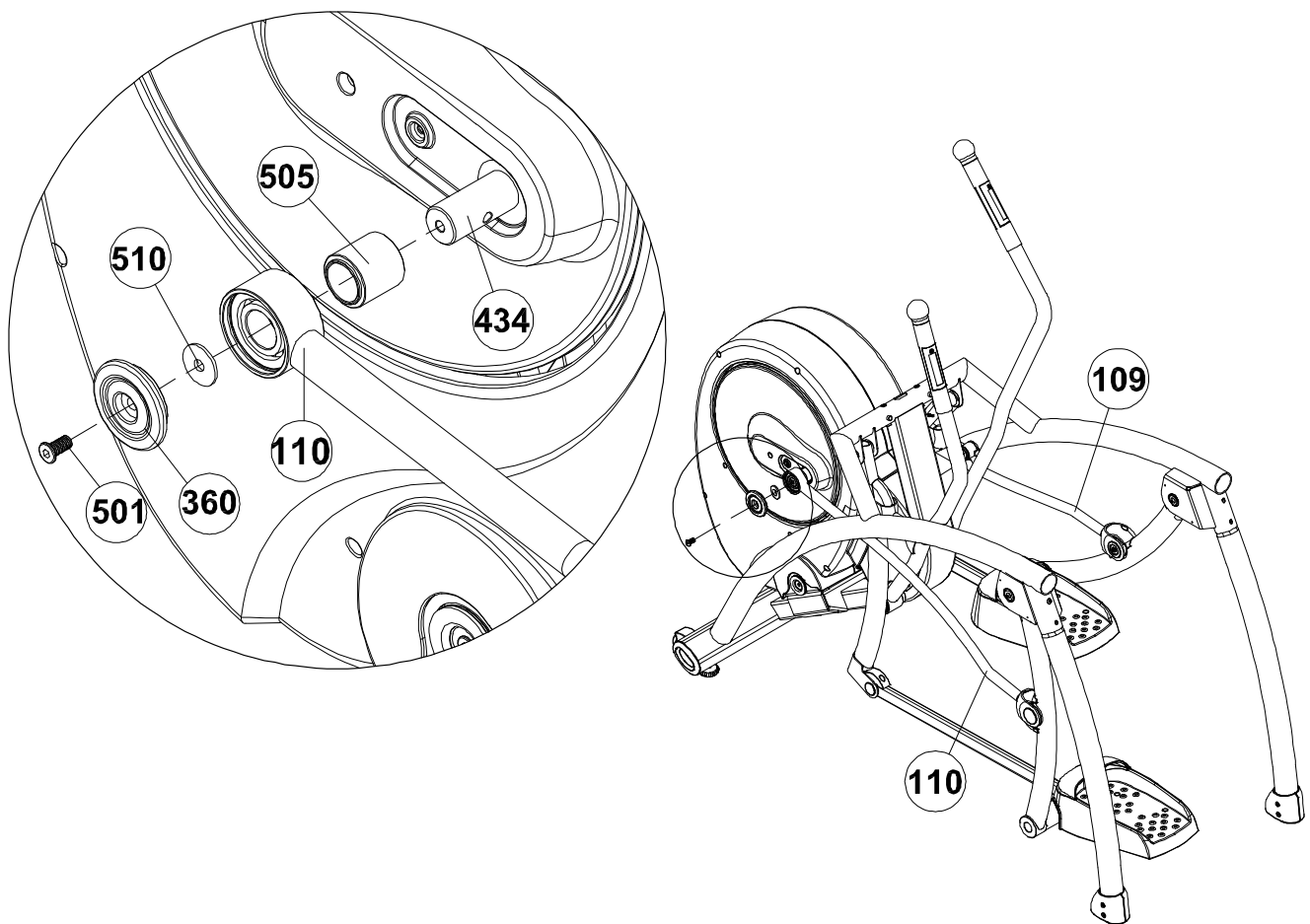
## ASSEMBLY

**STEP 7**:
With a person holding the console, connect the 12 Pin Upper Cable (610) with the 12 Pin Lower Cable (611). Connect the 4 Pin Upper Hand Pulse Cable (615) and 4 Pin Lower Hand Pulse Cable (616), Insert the extra length of cables into the Console Assembly and insert the 12 pin connector into the hole on Front Tower then place the Console Assembly onto the Front Tower as shown.  Ensure tight and proper connection between the cables.  *Important Note: The half-round hole on the Console Assembly bottom bracket must match with the pins welded on the Front Tower before tightening the Console Assembly with the Front Tower.* Secure the Console Assembly with 2 M8x25 Bolts (503). Insert 6 pieces Nylon Pin (230) into the Front Tower Cover (351 ), mount the Front Tower Cover (351) and Rear Tower Cover ( 352) together to cover the connection at  the main frame as shown then secure them with 2 4x19 Flat Head Philip screws (507) as shown. **NOTE:** *When tightening the console to the main frame, Do Not tighten one side all the way down before the other side.  Tighten each side down equally small amounts at a time.*
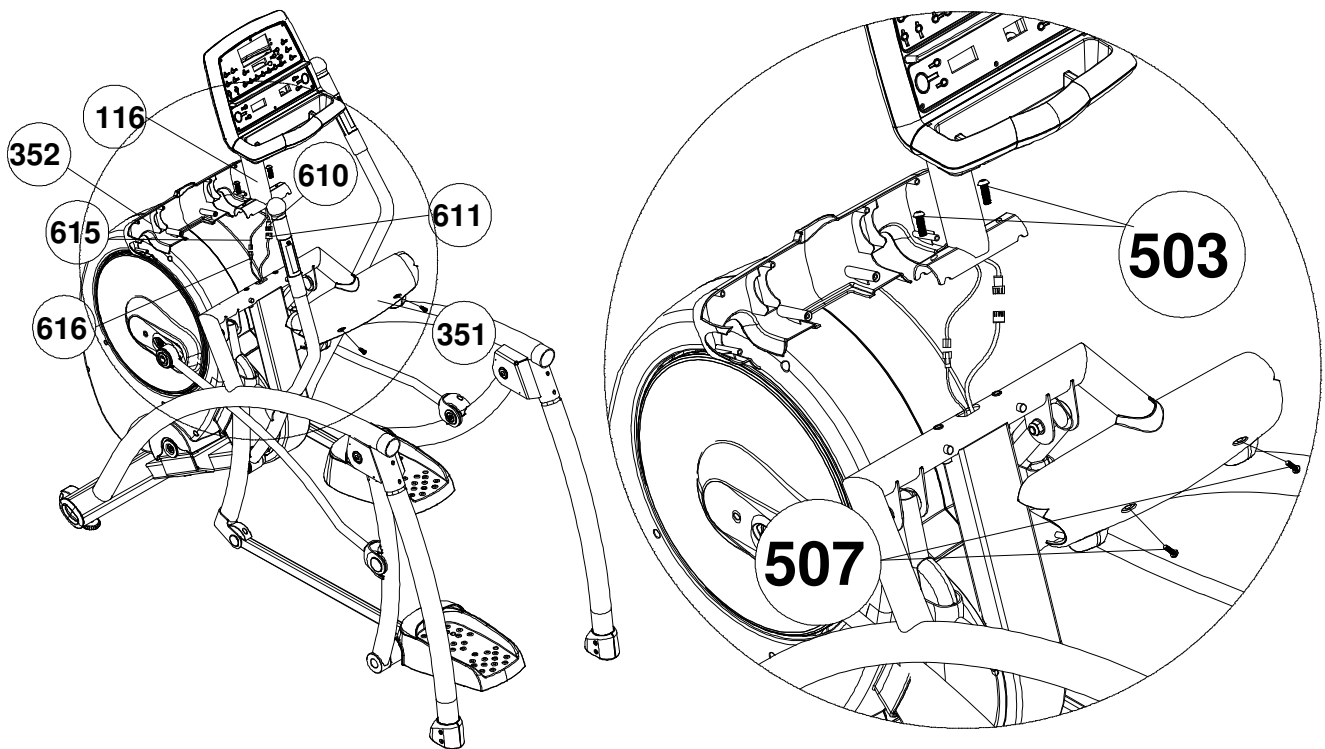
## ASSEMBLY

**STEP 8**:

Insert 3 pieces Nylon Pin (230) into the Left/Outer Frame Join Cover (356 ), mount the Left/Outer and Left/Inner Frame Join Cover (355 ) to cover the left hand side frame joint  and secure them with 4 -4x15 taper screws (514) and 2 -4x19 Flat Head Philip screws (507). See Figure below. Repeat the same procedure for the right hand side frame joint.



A11

A10
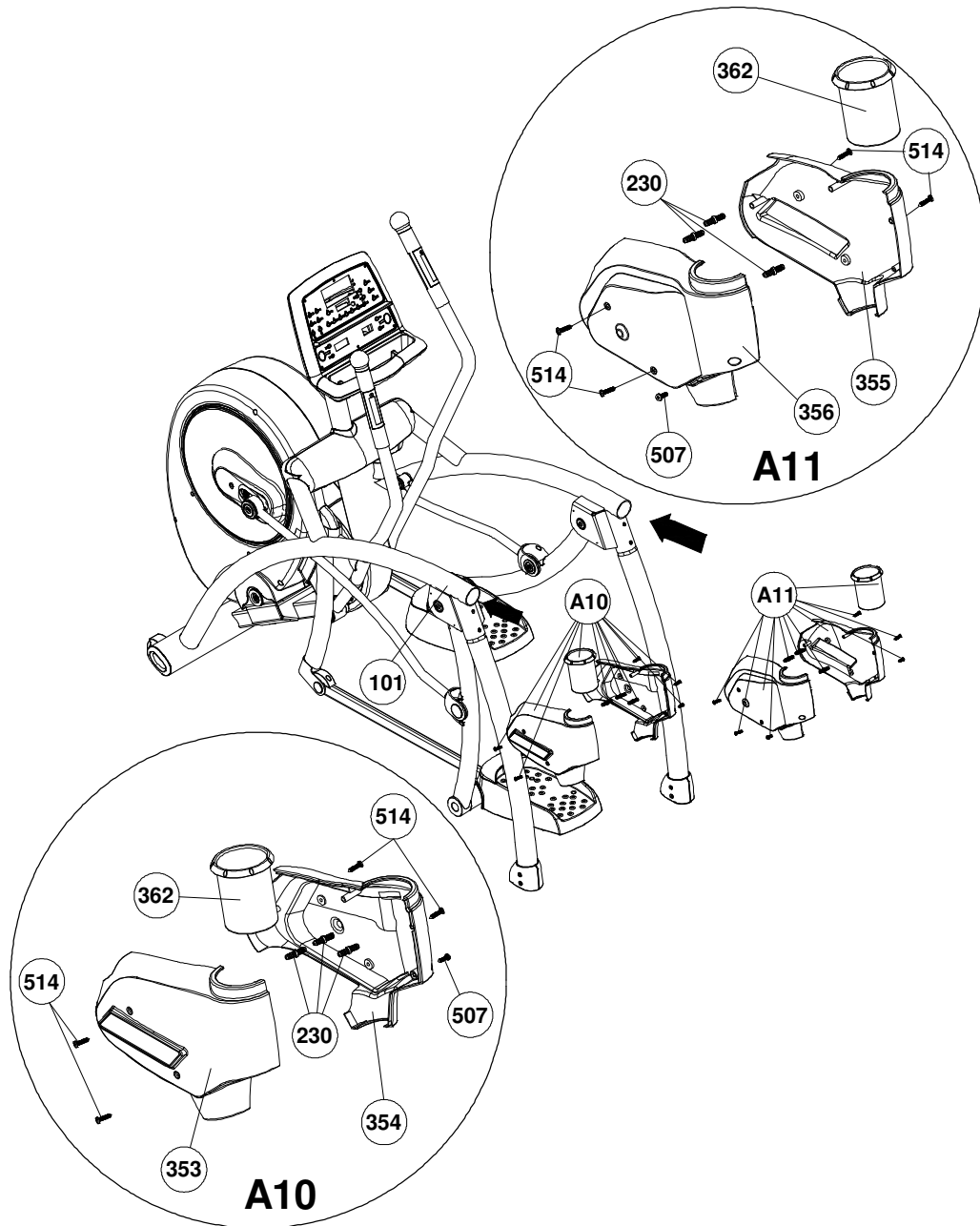
## ASSEMBLY

**STEP 9**:

Lift the front end and attach the Level Adjustment (513) underneath the front stabilizer tube. Level the Home Arc Trainer so it does not move or rock.  All assembly steps are now completed. Plug unit into a dedicated wall outlet.
*NOTE: The Home Arc Trainer should be plugged into a dedicated line or circuit.*
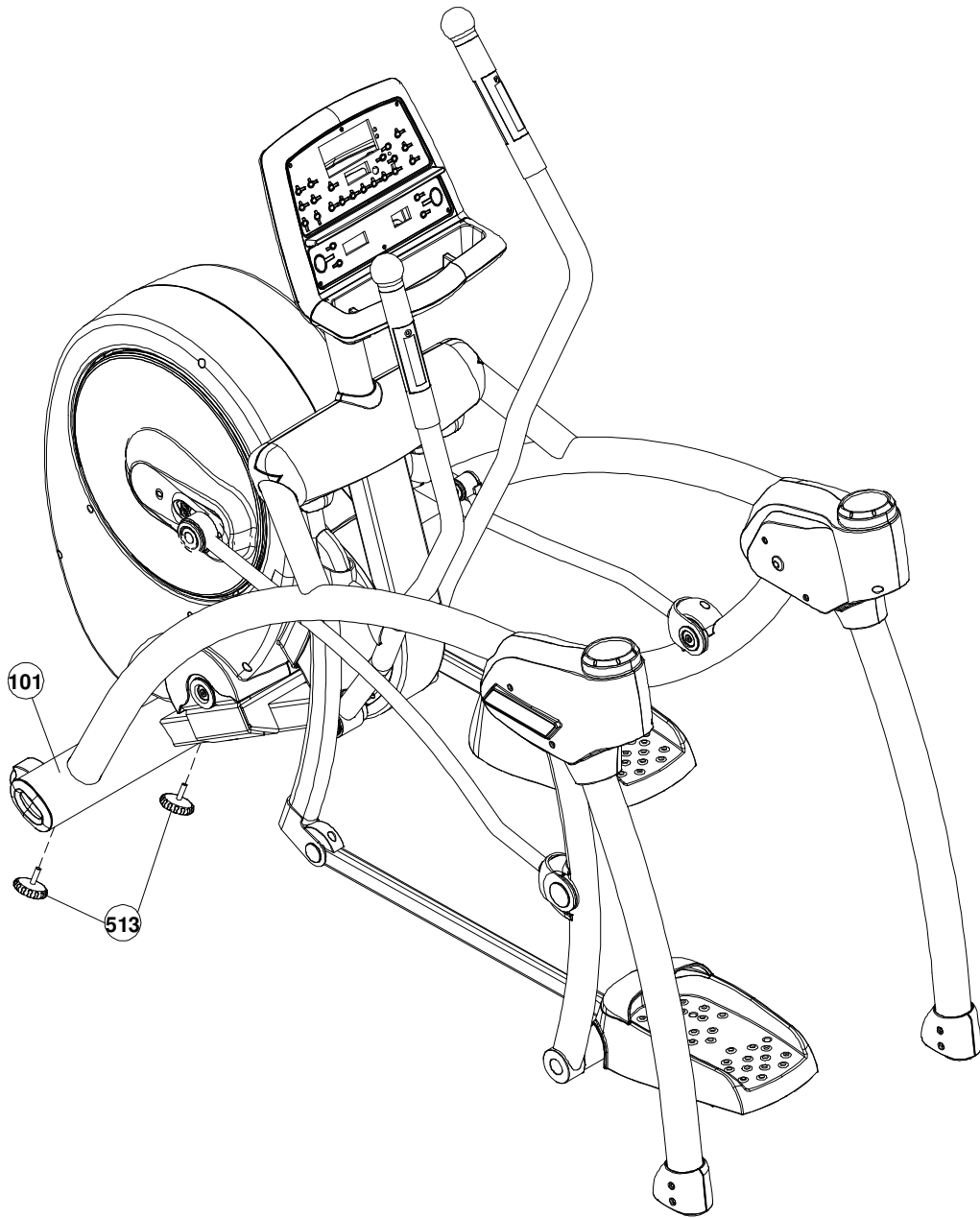
## COMPUTER OPERATION

## COMPUTER OPERATION
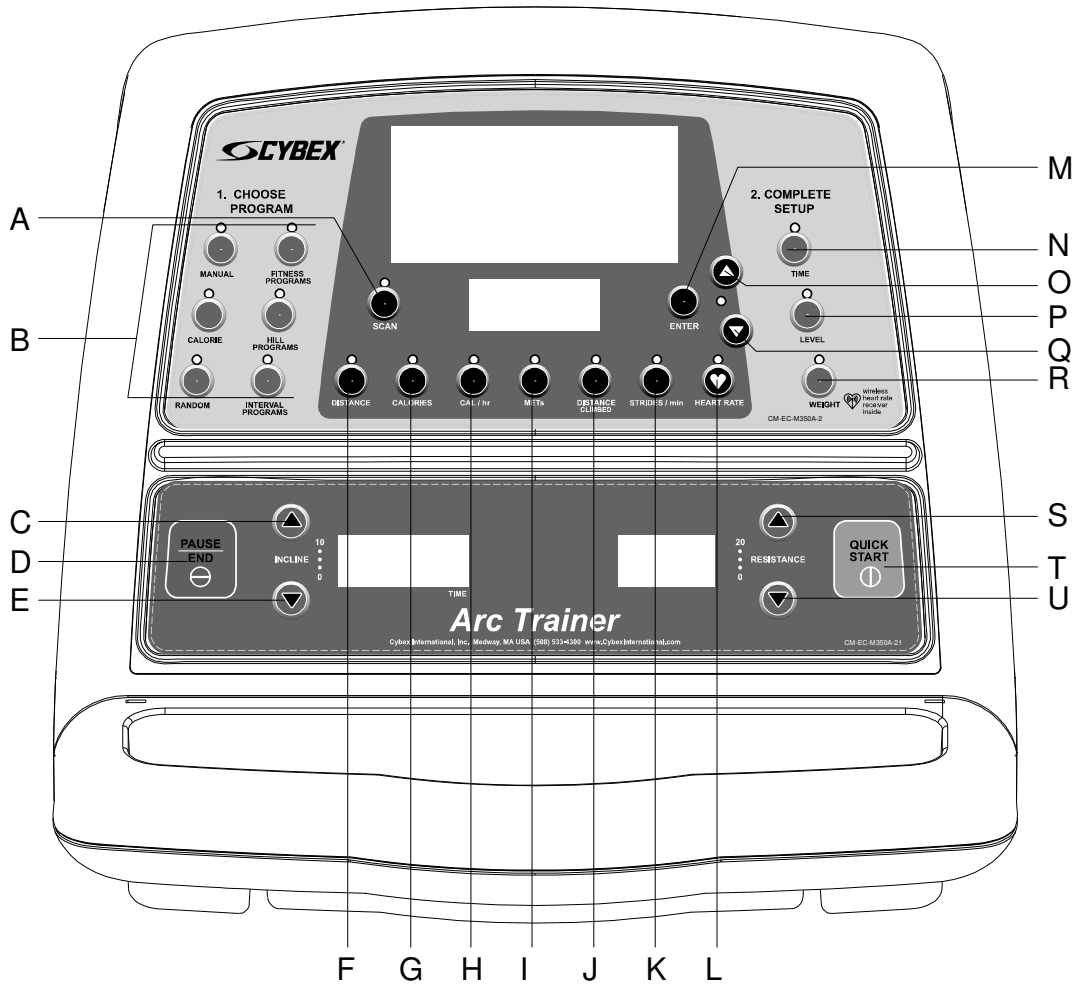


| | | | |
|---|:---:|:---:|---|
| **SCAN** | **A** | **B** | **CHOOSE PROGRAM Buttons** |
| **INCLINE UP** | **C** | **D** | **PAUSE/END** |
| **INCLINE DOWN** | **E** | **F** | **DISTANCE** |
| **CALORIES** | **G** | **H** | **CAL/hr** |
| **METs** | **I** | **J** | **DISTANCE CLIMBED** |
| **STRIDES/min** | **K** | **L** | **HEART RATE** |
| **ENTER** | **M** | **N** | **TIME** |
| **ADJUSTMENT BUTTON-UP** | **O** | **P** | **LEVEL** |
| **ADJVSTMENT BUTTON-DOWN** | **Q** | **R** | **WEIGHT** |
| **RESISTANCE UP** | **S** | **T** | **QUICK START** |
| **RESISTANCE DOWN** | **U** | | |

## COMPUTER OPERATION

Cybex 350A Home Arc Trainer console operating instruction manual

**Buttons**:

**Program Buttons**:

**Manual**: Program button. Press to select P1 manual adjustment program.

**Calories**: Program button. Press to select P2 target calories burns program.

**Random**: Program button. Press to select P3 Random workout program.

**Fitness**: Program button. Press to select 3 Fitness programs :
      P4 – Weight Loss program.
      P5 – Cardio Program.
      P6 – Endurance Program.
**Hills**: Program button. Press to select 3 Hills programs :
      P7 – Hill Program
      P8 – Valleys Program
      P9 – Ramps Program.
**Interval**: Program button. Press to select 3 Interval programs :
      P10 – Interval 2 to 1 program.
      P11 – Interval 1 to 1 program.
      P12 – Hill Interval program.

**Data Display Control buttons**:

**Scan**: Press to display all workout data revolving on the center LED display window during the workout. Functions activate when Scan LED lights on. When each data showing on the center LED window, the corresponds button LED will be on at the same time.

**Dist**.: Press to deactivate other data display functions and show accumulated workout distance on center LED display window during the workout. Function activates when Dist. LED lights on.

**Cal**.: Press to deactivate other data display functions and show accumulated calories burns on center LED display window during the workout. Function activates when Cal. LED lights on.

**Cal/Hr**.: Press to deactivate other data display function and shows the average calories burns per hour on center LED display window during the workout. Function activates when Cal/Hr. LED lights on.

**Distance Climbed**: Press to deactivate other data display functions and shows current climbed distance on center LED display window during the workout. Function activates when Distance Climbed LED lights on.

**Strides per Minute**: Press to deactivate other data display function and shows the workout speed by Strides per minute on center LED display window during the workout. Function activate when Strides per Minute LED lights on.

## COMPUTER OPERATION

**Heart Rate**: Press to deactivate other data display functions and show the workout heart rate on the center LED display window during the workout. Function activates when Heart Rate LED lights on.

**Workout Control Buttons** :

**Enter**: Press to confirm the input workout Time, Level and user Weight during workout program set up procedure.

Up Arrow: Press to increase the workout Time, Level and User Weight during workout program set up procedure.

Down Arrow: Press to decrease the workout Time, Level and User Weight during workout program set up procedure.

**Time**: Press to select workout time and adjustment.

**Level**: Press to select workout level and adjustment.

**Weight**: Press to select user weight and adjustment.

**Quick Start**: Press to activate the Quick Start program..

**Resistance +**: Press to increase the resistance level during the workout.

**Resistance -**: Press to reduce the resistance level during the workout.

**Pause** / **End**: Press to pause or end the program during workout. Press once to pause the program, press twice to enter the Dormant State.

## COMPUTER OPERATION

 **Incline +**: Press to increase the incline level during the workout..

 **Incline -**: Press to decrease the incline level during the workout.

**OPERATING INSTRUCTIONS**:

**Dormant State**: Connect the power cord, turn on the power switch located at front end, LED dot matrix display shows Cybex logo for 3 seconds and then enters the Dormant State. Before stepping on the pedal or pressing any program buttons including the Quick Start button, the unit will stay in the Dormant State. All LED windows are off except the LED dot matrix display which shows the blinking heart sign and 6 program buttons LED indication lights on and off in rotation. While on the Dormant State, you can press the Quick Start button to start the workout, or press any program button to start configuring the program or directly stepping the pedal for 20 seconds to start the workout. If pressing any other buttons, a beep will be sounded and the LED dot matrix display will show an arrow sign to point the program button's direction.

**Program State**: While on the Dormant or Active State, press one of the 6 program buttons then press the Enter button. The Home Arc Trainer will be entered into the Program State. Follow the program set up instructions to complete the program configuration and start the workout. User must press the Enter button after completing the program set up in order to store all the data into the console for the workout. Failure to press the Enter button will result in all the set up data being lost and the Home Arc Trainer not entering the Active State. If the Start button is pressed without pressing the Enter button first, the Home Arc Trainer will perform the Quick Start function at the default user weight of 150 lb ( 68 kgs ) and default workout time of 20 minutes.

**Active State**: While on the Dormant State, press Quick Start or begin stepping on the pedals for 20 seconds.  The Home Arc Trainer will be entered into the Active State. Or press any of the program buttons, complete the program setup procedure and start the workout and the Home Arc Trainer will be also entered the Active State. The Active State will be ended when the Pause/End button is pressed during the workout or the preset workout time is up.

**Review State**: After completing the Active State, the display will be entered into the Review State for the user to review the workout result. The review state period lasts for 20 seconds. After 20 seconds, the Home Arc Trainer will be entered into the Dormant State automatically.

**Quick Start**: While in Dormant State, press Quick Start button to start the workout. The time display will count up and the user weight is based on the default setting of 150 lb (68 KGS).

**Program Set Up and Operating**:

**Manual**: While in the Dormant State, press the Manual button.  The center LED window will show "**P1**".  Press the Enter button (If the Enter button is not pressed within 10 seconds, this procedure will be skipped to the next step, user weight set up), and the center LED window will then show the default user weight "**150**" (LB) while the LED dot matrix window shows "**LBS**".  Press the Up or Down Arrow buttons to set up user weight and then press Enter (If the Enter button is not pressed within 10 seconds, this procedure will be skipped to the next step workout time, set up), and the center LED window shows default workout time "**20**"(Minutes) and the LED dot matrix window shows "**MIN**".  Press the Up or Down Arrow buttons to set up the target workout time then press the Enter button to start the workout.  The center LED window starts counting down 3 seconds then starts the manual program. Time counts down from the set workout time to 0:00. During the workout, the user can press the Incline + and Incline – buttons to adjust the incline level from 0 to 10 and press Resistance + and Resistance – buttons to adjust the resistance level from 1 to 20.

## COMPUTER OPERATION

**Calorie**: While on the Dormant State, press the Calories button.  The center LED window shows "**P2**".  Press the Enter button and the center LED window then shows "0" while the LED dot matrix window shows "**CAL**". Press the Up or Down Arrow buttons to set up the target calories from 20 up to 9999.  Then press Enter and the center LED window then shows the default user weight "**150**" (LB) while the LED dot matrix window shows "**LBS**".  Press the Up or Down Arrow buttons to set up user weight.  Then press Enter and the center LED window starts to count down 3 seconds before beginning the Calories program. Time counts up from 0:00 and Calories counts up to the set up target calories. During the workout, the user can press the Incline + and Incline – button to adjust the incline level from 0 to 10.  Press the Resistance + and Resistance – buttons to adjust the resistance level from 1 to 20.

**Random**: While on the Dormant State, press the Random button. The center LED window shows "**P3**".  Press the Enter button (If the Enter button is not pressed within 10 seconds, this procedure will be skipped to the next step, user weight set up) and the center LED window then shows the default user weight "**150**" (LB).  The LED dot matrix window shows "**LBS**".  Press the Up or Down Arrow buttons to set up user weight.  Then press Enter (If the Enter button is not pressed within 10 seconds, this procedure will be skipped to the next step, workout time set up) and the center LED window shows default workout time "**20**"(Minutes). The LED dot matrix window shows "**MIN**".  Press the Up or Down Arrow buttons to set up target workout time and then press the Enter button.  The center LED window shows workout level "**1**" and the LED dot matrix window shows "**LVL**". Press the Up and Down Arrow buttons to select the workout level from 1 to 10 and then press the Enter button to start the workout. The center LED window starts the count down for 3 seconds and then starts the Random program. Time counts down from set up workout time to 0:00. During the workout, the user can press the Incline + and Incline – buttons to overwrite the preset profile and adjust the incline level from 0 to 10.  Press Resistance + and Resistance – buttons curing the workout to overwrite the preset profile and adjust the resistance level from 1 to 20. The overwrite will only last for one segment of workout and then the next segment will return to the original preset profile.

**Fitness Programs**: While on the Dormant State, press Fitness button.  The center LED window shows "P4".  Press the Enter button to select P4 and start the user weight set up.  Or press the Up or Down Arrow buttons to select among P4 to P6.  Then press the Enter button to start the user weight set up (If the Enter button is not pressed within 10 seconds, this procedure will be skipped to the next step, user weight set up) and the center LED window then shows the default user weight "**150**" (LB) while the LED dot matrix window shows "**LBS**".  Press the Up or Down Arrow buttons to set up user weight then press Enter (If the Enter button is not pressed within 10 seconds, this procedure will be skipped to the next step, workout time set up) and the center LED window shows default workout time "**20**"(Minutes) while the LED dot matrix window shows "**MIN**".  Press the Up or Down Arrow buttons to set up the target workout time and then press the Enter button.  The center LED window shows workout level "**1**" and the LED dot matrix window shows "**LVL**". Press the Up and Down Arrow buttons to select the workout level from 1 to 10 and then press the Enter button to start the workout.  The center LED window starts count down 3 seconds before starting the selected Fitness program.  Time counts down from set up workout time to 0:00. During the workout, the user can press the Incline + and Incline – buttons to overwrite the preset profile and adjust the incline level from 0 to 10.  Press the Resistance + and Resistance – buttons during the workout to overwrite the preset profile and adjust the resistance level from 1 to 20. The overwrite will only last for one segment of workout and then the next segment will return to the original preset profile. (If the Enter button is not pressed within 10 seconds, this procedure will be skipped to the next step, user weight set up) and the center LED window then shows the default user weight "**150**" (LB) while the LED dot matrix window shows "**LBS**".  Press the Up or Down Arrow buttons to set up user weight and then press Enter (If the Enter button is not pressed within 10 seconds, this procedure will be skipped to the next step, workout time set up) and the center LED window shows default workout time "**20**"(Minutes) while the LED dot matrix window shows "**MIN**".
Press the Up or Down Arrow buttons to set up the target workout time and then press the Enter button.  The center LED window shows workout level "**1**" and the LED dot matrix window shows "**LVL**". Press the Up and Down Arrow buttons to select the workout level from 1 to 10 and then press the Enter button to start the workout.  The center LED window will count down 3 seconds before the selected Fitness program begins. Time counts down from set up workout time to 0:00. During the workout, the user can press Incline + and Incline – buttons to overwrite the preset profile and adjust the incline level from 0 to 10.  Press the Resistance + and Resistance – buttons to overwrite the preset profile and adjust the resistance level from 1 to 20. The overwrite will only last for one segment of workout and then the next segment will return to the original preset profile.

## COMPUTER OPERATION

### P-4 Weight Loss

The Weight Loss program is designed for low to medium intensity training that the user can sustain for an extended period of time. It builds from a low intensity baseline to include segments of higher incline and resistance as well as segments that use higher resistance at the base incline.  The constant variety provides for periods of higher energy expenditure and training effect with less fatigue, allowing the user to exercise for longer periods of time.

| Time | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Distance | Refer to notes | | | | | | | | | | | | | | | | | | | |
| | Warm Up | | | | Program Segments | | | | | | | | | | | | Cool Down | | | |
| Resistance | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 |
| 10 | 1 | 2 | 3 | 4 | 5 | 5 | 9 | 9 | 9 | 9 | 5 | 5 | 9 | 9 | 5 | 5 | 4 | 3 | 2 | 1 |
| 9 | 1 | 2 | 3 | 4 | 5 | 5 | 8 | 8 | 8 | 8 | 5 | 5 | 8 | 8 | 5 | 5 | 4 | 3 | 2 | 1 |
| 8 | 1 | 2 | 3 | 4 | 5 | 5 | 7 | 7 | 7 | 7 | 5 | 5 | 7 | 7 | 5 | 5 | 4 | 3 | 2 | 1 |
| 7 | 1 | 1 | 2 | 3 | 5 | 5 | 8 | 8 | 8 | 8 | 5 | 5 | 8 | 8 | 5 | 5 | 3 | 2 | 1 | 1 |
| 6 | 1 | 1 | 2 | 3 | 5 | 5 | 7 | 7 | 7 | 7 | 5 | 5 | 7 | 7 | 5 | 5 | 3 | 2 | 1 | 1 |
| 5 | 1 | 1 | 2 | 3 | 5 | 5 | 6 | 6 | 6 | 6 | 5 | 5 | 6 | 6 | 5 | 5 | 3 | 2 | 1 | 1 |
| 4 | 1 | 1 | 1 | 2 | 3 | 3 | 5 | 5 | 5 | 5 | 3 | 3 | 5 | 5 | 3 | 3 | 2 | 1 | 2 | 2 |
| 3 | 1 | 1 | 1 | 2 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 2 | 1 | 2 | 2 |
| 2 | 1 | 1 | 1 | 1 | 1 | 1 | 3 | 3 | 3 | 3 | 1 | 1 | 3 | 3 | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 |
| | Warm Up | | | | Program Segments | | | | | | | | | | | | Cool Down | | | |
| Incline | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 |
| 10 | 4 | 4 | 4 | 4 | 4 | 4 | 6 | 6 | 6 | 6 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 9 | 4 | 4 | 4 | 4 | 4 | 4 | 6 | 6 | 6 | 6 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 8 | 3 | 3 | 3 | 3 | 3 | 3 | 6 | 6 | 6 | 6 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| 7 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| 6 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| 5 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| 4 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 3 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 1 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |

## COMPUTER OPERATION

### P-5 Cardio

The Cardio program is designed for experienced users that desire a high intensity cardiovascular training experience. The 2-minute work interval with high resistance ensures that the aerobic energy system is completely taxed, while the subsequent 2-minute recovery interval enables a repeat at the higher work rate.  Additionally, a higher incline level is used during the recovery interval to discourage blood pooling ensuring more complete recovery.

| :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Refer to notes | | | | | | | | | | | | Refer to notes | | | |
| Warm Up | | | | Program Segments | | | | | | | | Cool Down | | | |
| 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 |
| 6 | 7 | 9 | 11 | 16 | 16 | 16 | 16 | 12 | 12 | 12 | 12 | 11 | 9 | 7 | 6 |
| 5 | 7 | 9 | 11 | 15 | 15 | 15 | 15 | 11 | 11 | 11 | 11 | 11 | 9 | 7 | 5 |
| 5 | 6 | 8 | 9 | 14 | 14 | 14 | 14 | 10 | 10 | 10 | 10 | 9 | 8 | 6 | 5 |
| 4 | 5 | 7 | 8 | 13 | 13 | 13 | 13 | 9 | 9 | 9 | 9 | 8 | 7 | 5 | 4 |
| 3 | 4 | 6 | 7 | 12 | 12 | 12 | 12 | 8 | 8 | 8 | 8 | 7 | 6 | 4 | 3 |
| 3 | 4 | 5 | 6 | 11 | 11 | 11 | 11 | 7 | 7 | 7 | 7 | 6 | 5 | 4 | 3 |
| 2 | 3 | 4 | 5 | 10 | 10 | 10 | 10 | 6 | 6 | 6 | 6 | 5 | 4 | 3 | 2 |
| 1 | 2 | 3 | 4 | 9 | 9 | 9 | 9 | 6 | 6 | 6 | 6 | 4 | 3 | 2 | 1 |
| 1 | 1 | 2 | 3 | 8 | 8 | 8 | 8 | 5 | 5 | 5 | 5 | 3 | 2 | 1 | 1 |
| 1 | 1 | 1 | 2 | 7 | 7 | 7 | 7 | 4 | 4 | 4 | 4 | 2 | 1 | 1 | 1 |
| Warm Up | | | | Program Segments | | | | | | | | Cool Down | | | |
| 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 |
| 3 | 4 | 5 | 6 | 5 | 5 | 5 | 5 | 8 | 8 | 8 | 8 | 6 | 5 | 4 | 3 |
| 3 | 3 | 4 | 5 | 5 | 5 | 5 | 5 | 8 | 8 | 8 | 8 | 5 | 4 | 3 | 3 |
| 3 | 3 | 4 | 4 | 5 | 5 | 5 | 5 | 7 | 7 | 7 | 7 | 4 | 4 | 3 | 3 |
| 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 7 | 7 | 7 | 7 | 4 | 4 | 3 | 3 |
| 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 6 | 6 | 6 | 6 | 4 | 3 | 3 | 3 |
| 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 6 | 6 | 6 | 6 | 3 | 3 | 3 | 3 |
| 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 5 | 5 | 5 | 5 | 3 | 2 | 2 | 2 |
| 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 5 | 5 | 5 | 5 | 3 | 2 | 2 | 2 |
| 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 2 | 2 | 2 |
| 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 2 | 2 | 2 |

## COMPUTER OPERATION

### P-6 Endurance

The Endurance program challenges the cardiovascular system in a manner that adjusts the overall intensity to accommodate for fatigue but maintains a similar perceived exertion throughout the workout. The core program is 16 minutes in length. After warm-up the intensity is increased over the next four minutes. Peak intensity is maintained for the next two minutes and then gradually tapers off during the following ten minutes.

| | | :30 | :30 | :30 | :30 | 1:00 | 1:00 | 1:00 | 1:00 | 1:00 | 1:00 | 1:00 | 1:00 | 1:00 | 1:00 | 1:00 | 1:00 | 1:00 | 1:00 | 1:00 | 1:00 | :30 | :30 | :30 | :30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Refer to notes | | | | | | Refer to notes | | | | | | | | | | | | | | Refer to notes | | | |
| Resistance | | Warm Up | | | | Program Segments | | | | | | | | | | | | | | | | Cool Down | | | |
| | | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 1 | 2 | 3 | 4 |
| | | 4 | 6 | 8 | 10 | 12 | 16 | 16 | 20 | 20 | 20 | 18 | 18 | 18 | 16 | 16 | 16 | 14 | 14 | 14 | 12 | 10 | 8 | 6 | 4 |
| | | 4 | 6 | 8 | 9 | 11 | 15 | 15 | 19 | 19 | 19 | 17 | 17 | 17 | 15 | 15 | 15 | 13 | 13 | 13 | 11 | 9 | 8 | 6 | 4 |
| | | 4 | 6 | 7 | 8 | 10 | 14 | 14 | 18 | 18 | 18 | 16 | 16 | 16 | 14 | 14 | 14 | 12 | 12 | 12 | 10 | 8 | 7 | 6 | 4 |
| | | 3 | 5 | 7 | 7 | 9 | 13 | 13 | 17 | 17 | 17 | 15 | 15 | 15 | 13 | 13 | 13 | 11 | 11 | 11 | 9 | 7 | 7 | 5 | 3 |
| | | 3 | 5 | 6 | 7 | 8 | 12 | 12 | 16 | 16 | 16 | 14 | 14 | 14 | 12 | 12 | 12 | 10 | 10 | 10 | 8 | 7 | 6 | 5 | 3 |
| | | 3 | 5 | 6 | 6 | 7 | 11 | 11 | 15 | 15 | 15 | 13 | 13 | 13 | 11 | 11 | 11 | 9 | 9 | 9 | 7 | 6 | 6 | 5 | 3 |
| | | 2 | 4 | 5 | 6 | 6 | 10 | 10 | 14 | 14 | 14 | 12 | 12 | 12 | 10 | 10 | 10 | 8 | 8 | 8 | 6 | 6 | 5 | 4 | 2 |
| | | 2 | 4 | 5 | 5 | 5 | 9 | 9 | 13 | 13 | 13 | 11 | 11 | 11 | 9 | 9 | 9 | 7 | 7 | 7 | 5 | 5 | 5 | 4 | 2 |
| | | 2 | 3 | 4 | 5 | 4 | 8 | 8 | 12 | 12 | 12 | 10 | 10 | 10 | 8 | 8 | 8 | 6 | 6 | 6 | 4 | 5 | 4 | 3 | 2 |
| | | 2 | 2 | 3 | 3 | 3 | 7 | 7 | 11 | 11 | 11 | 9 | 9 | 9 | 7 | 7 | 7 | 5 | 5 | 5 | 3 | 3 | 3 | 2 | 2 |
| **Elevation** | | Warm Up | | | | Program Segments | | | | | | | | | | | | | | | | Cool Down | | | |
| | | 1 | 2 | 3 | 4 | | | | | | | | | | | | | | | | | 1 | 2 | 3 | 4 |
| | | 3 | 4 | 5 | 6 | 8 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 9 | 9 | 9 | 8 | 6 | 5 | 4 | 3 |
| | | 3 | 3 | 4 | 5 | 7 | 9 | 9 | 10 | 10 | 10 | 9 | 9 | 9 | 9 | 9 | 9 | 8 | 8 | 8 | 7 | 5 | 4 | 3 | 3 |
| | | 3 | 3 | 4 | 4 | 7 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 8 | 8 | 8 | 7 | 4 | 4 | 3 | 3 |
| | | 3 | 3 | 4 | 4 | 6 | 8 | 8 | 9 | 9 | 9 | 8 | 8 | 8 | 8 | 8 | 8 | 7 | 7 | 7 | 6 | 4 | 4 | 3 | 3 |
| | | 3 | 3 | 3 | 4 | 6 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 7 | 7 | 7 | 6 | 4 | 3 | 3 | 3 |
| | | 3 | 3 | 3 | 3 | 5 | 7 | 7 | 8 | 8 | 8 | 7 | 7 | 7 | 7 | 7 | 7 | 6 | 6 | 6 | 5 | 3 | 3 | 3 | 3 |
| | | 2 | 2 | 2 | 3 | 5 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 6 | 6 | 6 | 5 | 3 | 2 | 2 | 2 |
| | | 2 | 2 | 2 | 3 | 4 | 6 | 6 | 7 | 7 | 7 | 6 | 6 | 6 | 6 | 6 | 6 | 5 | 5 | 5 | 4 | 3 | 2 | 2 | 2 |
| | | 2 | 2 | 2 | 2 | 4 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 5 | 5 | 5 | 4 | 2 | 2 | 2 | 2 |
| | | 2 | 2 | 2 | 2 | 3 | 5 | 5 | 6 | 6 | 6 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 4 | 4 | 3 | 2 | 2 | 2 | 2 |

**Hills Programs** : While on the Dormant State, press Hills button.  The center LED window shows "**P7**".  Press the Enter button to select P7 and start the user weight set up.  Or press the Up or Down Arrow buttons to select among P7 to P9.  Then press Enter button to start the user weight set up
(If the Enter button is not pressed within 10 seconds, this procedure will be skipped to the next step, user weight set up) and the center LED window then shows the default user weight "**150**" (LB) while the LED dot matrix window shows "**LBS**".  Press the Up or Down Arrow buttons to set up user weight and then press Enter (If the Enter button is not pressed within 10 seconds, this procedure will be skipped to the next step, workout time set up) and the center LED window shows default workout time "**20**"(Minutes) while the LED dot matrix window shows "**MIN**".  Press the Up or Down Arrow buttons to set up the target workout time and then press the Enter button. The center LED window shows workout level "**1**" and the LED dot matrix window shows "**LVL**". Press the Up and Down Arrow buttons to select the workout level from 1 to 10 and then press the Enter button to start the workout.  The center LED window will count down 3 seconds before the selected Fitness program begins. Time counts down from set up workout time to 0:00. During the workout, the user can press Incline + and Incline – buttons to overwrite the preset profile and adjust the incline level from 0 to 10.  Press the Resistance + and Resistance – buttons to overwrite the preset profile and adjust the resistance level from 1 to 20. The overwrite will only last for one segment of workout and then the next segment will return to the original preset profile.

## COMPUTER OPERATION

### P-7 Hills

The Hills program uses a 3 ½ minute core in which the incline and resistance both increase over the first 2 ½ minutes, followed by a one-minute reduction in incline and resistance. The reduced workload simulates reaching the top of the hill. The climb is then repeated.

| | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Refer to notes | | | | | | | Refer to notes | | | | Refer to notes | | | |
| **Resistance** | Warm Up | | | | Program Segments | | | | | | | Cool Down | | | |
| | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | 3 | 4 |
| | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 12 | 12 | 10 | 8 | 6 | 4 |
| | 4 | 6 | 8 | 9 | 11 | 13 | 15 | 17 | 19 | 11 | 11 | 9 | 8 | 6 | 4 |
| | 4 | 6 | 7 | 8 | 10 | 12 | 14 | 16 | 18 | 10 | 10 | 8 | 7 | 6 | 4 |
| | 3 | 5 | 7 | 7 | 9 | 11 | 13 | 15 | 17 | 9 | 9 | 7 | 7 | 5 | 3 |
| | 3 | 5 | 6 | 7 | 8 | 10 | 12 | 14 | 16 | 8 | 8 | 7 | 6 | 5 | 3 |
| | 3 | 5 | 6 | 6 | 7 | 9 | 11 | 13 | 15 | 7 | 7 | 6 | 6 | 5 | 3 |
| | 2 | 4 | 5 | 6 | 6 | 8 | 10 | 12 | 14 | 6 | 6 | 6 | 5 | 4 | 2 |
| | 2 | 4 | 5 | 5 | 5 | 7 | 9 | 11 | 13 | 5 | 5 | 5 | 5 | 4 | 2 |
| | 2 | 3 | 4 | 5 | 4 | 6 | 8 | 10 | 12 | 4 | 4 | 5 | 4 | 3 | 2 |
| | 2 | 2 | 3 | 3 | 3 | 5 | 7 | 9 | 11 | 3 | 3 | 3 | 3 | 2 | 2 |
| **Elevation** | Warm Up | | | | Program Segments | | | | | | | Cool Down | | | |
| | 1 | 2 | 3 | 4 | | | | | | | | 1 | 2 | 3 | 4 |
| | 3 | 4 | 5 | 6 | 8 | 9 | 10 | 10 | 10 | 5 | 5 | 6 | 5 | 4 | 3 |
| | 3 | 3 | 4 | 5 | 7 | 8 | 9 | 9 | 10 | 5 | 5 | 5 | 4 | 3 | 3 |
| | 3 | 3 | 4 | 4 | 7 | 8 | 9 | 9 | 9 | 5 | 5 | 4 | 4 | 3 | 3 |
| | 3 | 3 | 4 | 4 | 6 | 7 | 8 | 8 | 9 | 5 | 5 | 4 | 4 | 3 | 3 |
| | 3 | 3 | 3 | 4 | 6 | 7 | 8 | 8 | 8 | 5 | 5 | 4 | 3 | 3 | 3 |
| | 3 | 3 | 3 | 3 | 5 | 6 | 7 | 7 | 8 | 5 | 5 | 3 | 3 | 3 | 3 |
| | 2 | 2 | 2 | 3 | 5 | 6 | 7 | 7 | 7 | 5 | 5 | 3 | 2 | 2 | 2 |
| | 2 | 2 | 2 | 3 | 4 | 5 | 6 | 6 | 7 | 5 | 5 | 3 | 2 | 2 | 2 |
| | 2 | 2 | 2 | 2 | 4 | 5 | 6 | 6 | 6 | 5 | 5 | 2 | 2 | 2 | 2 |
| | 2 | 2 | 2 | 2 | 3 | 4 | 5 | 5 | 6 | 5 | 5 | 2 | 2 | 2 | 2 |

## COMPUTER OPERATION

**P-8 Valleys**

The Valleys program provides a contrasting mix of incline and resistance. The program uses a five minute core during which the resistance is increased and the incline is reduced over the first three minutes, followed by a reduction in resistance and an increased incline until the valley repeats itself. This program is designed specifically to contrast the Ramps and Hills programs for added training variety.

| Time | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Distance** | Refer to notes | | | | | | | | | | | | | | | | | |
| | Warm Up | | | | Program Segments | | | | | | | | | | Cool Down | | | |
| **Resistance** | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 1 | 2 | 3 | 4 |
| 10 | 4 | 5 | 6 | 8 | 11 | 11 | 16 | 16 | 20 | 20 | 16 | 16 | 11 | 11 | 8 | 6 | 5 | 4 |
| 9 | 4 | 5 | 6 | 7 | 10 | 10 | 14 | 14 | 18 | 18 | 14 | 14 | 10 | 10 | 7 | 6 | 5 | 4 |
| 8 | 4 | 5 | 6 | 7 | 9 | 9 | 12 | 12 | 16 | 16 | 12 | 12 | 9 | 9 | 7 | 6 | 5 | 4 |
| 7 | 3 | 4 | 5 | 7 | 8 | 8 | 10 | 10 | 14 | 14 | 10 | 10 | 8 | 8 | 7 | 5 | 4 | 3 |
| 6 | 3 | 4 | 5 | 6 | 7 | 7 | 9 | 9 | 12 | 12 | 9 | 9 | 7 | 7 | 6 | 5 | 4 | 3 |
| 5 | 2 | 3 | 4 | 4 | 6 | 6 | 8 | 8 | 10 | 10 | 8 | 8 | 6 | 6 | 4 | 4 | 3 | 2 |
| 4 | 2 | 2 | 3 | 3 | 5 | 5 | 6 | 6 | 8 | 8 | 6 | 6 | 5 | 5 | 3 | 3 | 2 | 2 |
| 3 | 1 | 2 | 2 | 3 | 4 | 4 | 5 | 5 | 6 | 6 | 5 | 5 | 4 | 4 | 3 | 2 | 2 | 1 |
| 2 | 1 | 1 | 2 | 2 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 2 | 2 | 1 | 1 |
| 1 | 1 | 1 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 1 | 1 |
| | Warm Up | | | | Program Segments | | | | | | | | | | Cool Down | | | |
| **Elevation** | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 1 | 2 | 3 | 4 |
| 10 | 3 | 4 | 5 | 5 | 10 | 10 | 5 | 5 | 1 | 1 | 5 | 5 | 10 | 10 | 5 | 5 | 4 | 3 |
| 9 | 3 | 4 | 5 | 5 | 10 | 10 | 4 | 4 | 1 | 1 | 4 | 4 | 10 | 10 | 5 | 5 | 4 | 3 |
| 8 | 3 | 4 | 4 | 4 | 9 | 9 | 4 | 4 | 1 | 1 | 4 | 4 | 9 | 9 | 4 | 4 | 4 | 3 |
| 7 | 3 | 3 | 4 | 4 | 9 | 9 | 4 | 4 | 1 | 1 | 4 | 4 | 9 | 9 | 4 | 4 | 3 | 3 |
| 6 | 3 | 3 | 4 | 4 | 8 | 8 | 3 | 3 | 1 | 1 | 3 | 3 | 8 | 8 | 4 | 4 | 3 | 3 |
| 5 | 3 | 3 | 4 | 4 | 7 | 7 | 3 | 3 | 1 | 1 | 3 | 3 | 7 | 7 | 4 | 4 | 3 | 3 |
| 4 | 3 | 3 | 4 | 4 | 6 | 6 | 3 | 3 | 1 | 1 | 3 | 3 | 6 | 6 | 4 | 4 | 3 | 3 |
| 3 | 3 | 3 | 4 | 4 | 5 | 5 | 2 | 2 | 1 | 1 | 2 | 2 | 5 | 5 | 4 | 4 | 3 | 3 |
| 2 | 3 | 3 | 4 | 4 | 4 | 4 | 2 | 2 | 1 | 1 | 2 | 2 | 4 | 4 | 4 | 4 | 3 | 3 |
| 1 | 3 | 3 | 4 | 4 | 3 | 3 | 2 | 2 | 1 | 1 | 2 | 2 | 3 | 3 | 4 | 4 | 3 | 3 |

## COMPUTER OPERATION

### P-9 Ramps

The Ramps program is similar to the Hills program but uses a more linear ramp of both incline and resistance from segment to segment. Ramps is comprised of a 3 ½ minute core during which the incline and resistance both increase over the first 2 ½ minutes, followed by a one-minute reduction of both incline and resistance. The reduction in incline and resistance provides a working rest period before the ramp is repeated.

| | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Refer to notes | | | | | | | Refer to notes | | | | Refer to notes | | | |
| **Resistance** | Warm Up | | | | Program Segments | | | Cool Down | | | | Cool Down | | | |
| | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | 3 | 4 |
| | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 12 | 12 | 10 | 8 | 6 | 4 |
| | 4 | 6 | 8 | 9 | 11 | 13 | 15 | 17 | 19 | 11 | 11 | 9 | 8 | 6 | 4 |
| | 4 | 6 | 7 | 8 | 10 | 12 | 14 | 16 | 18 | 10 | 10 | 8 | 7 | 6 | 4 |
| | 3 | 5 | 7 | 7 | 9 | 11 | 13 | 15 | 17 | 9 | 9 | 7 | 7 | 5 | 3 |
| | 3 | 5 | 6 | 7 | 8 | 10 | 12 | 14 | 16 | 8 | 8 | 7 | 6 | 5 | 3 |
| | 3 | 5 | 6 | 6 | 7 | 9 | 11 | 13 | 15 | 7 | 7 | 6 | 6 | 5 | 3 |
| | 2 | 4 | 5 | 6 | 6 | 8 | 10 | 12 | 14 | 6 | 6 | 6 | 5 | 4 | 2 |
| | 2 | 4 | 5 | 5 | 5 | 7 | 9 | 11 | 13 | 5 | 5 | 5 | 5 | 4 | 2 |
| | 2 | 3 | 4 | 5 | 4 | 6 | 8 | 10 | 12 | 4 | 4 | 5 | 4 | 3 | 2 |
| | 2 | 2 | 3 | 3 | 3 | 5 | 7 | 9 | 11 | 3 | 3 | 3 | 3 | 2 | 2 |
| **Elevation** | Warm Up | | | | Program Segments | | | Cool Down | | | | Cool Down | | | |
| | 1 | 2 | 3 | 4 | | | | | | | | 1 | 2 | 3 | 4 |
| | 3 | 4 | 5 | 6 | 8 | 8 | 9 | 10 | 10 | 5 | 5 | 6 | 5 | 4 | 3 |
| | 3 | 3 | 4 | 5 | 7 | 8 | 8 | 9 | 10 | 5 | 5 | 5 | 4 | 3 | 3 |
| | 3 | 3 | 4 | 4 | 7 | 7 | 8 | 9 | 9 | 5 | 5 | 4 | 4 | 3 | 3 |
| | 3 | 3 | 4 | 4 | 6 | 7 | 7 | 8 | 9 | 5 | 5 | 4 | 4 | 3 | 3 |
| | 3 | 3 | 3 | 4 | 6 | 6 | 7 | 8 | 8 | 5 | 5 | 4 | 3 | 3 | 3 |
| | 3 | 3 | 3 | 3 | 5 | 6 | 6 | 7 | 8 | 5 | 5 | 3 | 3 | 3 | 3 |
| | 2 | 2 | 2 | 3 | 5 | 5 | 6 | 7 | 7 | 5 | 5 | 3 | 2 | 2 | 2 |
| | 2 | 2 | 2 | 3 | 4 | 5 | 5 | 6 | 7 | 5 | 5 | 3 | 2 | 2 | 2 |
| | 2 | 2 | 2 | 2 | 4 | 4 | 5 | 6 | 6 | 5 | 5 | 2 | 2 | 2 | 2 |
| | 2 | 2 | 2 | 2 | 3 | 4 | 4 | 5 | 6 | 5 | 5 | 2 | 2 | 2 | 2 |

## COMPUTER OPERATION

Interval Programs**: While on the Dormant State, press Interval button. The center LED window shows "P10". Press the Enter button to select P10 and start the user weight set up. Or press the Up or Down Arrow buttons to select among P10 to P12. Then press the Enter button to start the user weight set up (If Enter button is not pressed within 10 seconds, this procedure will be skipped to the next step, user weight set up) and the center LED window then shows the default user weight "150" (LB) while the LED dot matrix window shows "LBS". Press the Up or Down Arrow buttons to set up user weight then press Enter (If the Enter button is not pressed within 10 seconds, this procedure will be skipped to the next step, workout time set up) and the center LED window shows default workout time "20"(Minutes) while the LED dot matrix window shows "MIN". Press the Up or Down Arrow buttons to set up the target workout time then press the Enter button. The center LED window shows workout level "1" and the LED dot matrix window shows "LVL". Press the Up and Down Arrow buttons to select the workout level from 1 to 10 then press the Enter button to start the workout. The center LED window will count down 3 seconds before start the selected Fitness program begins. Time counts down from set up workout time to 0:00. During the workout, the user can press Incline + and Incline – buttons to overwrite the preset profile and adjust the incline level from 0 to 10. Press Resistance + and Resistance – buttons to overwrite the preset profile and adjust the resistance level from 1 to 20. The overwrite will only last for one segment of workout and then the next segment will return to the original preset profile.**

### P-10 Interval 1

This program introduces the user to higher intensity training. The program employs a fixed incline with variable resistance, applied in repeated work-rest intervals. Each work segment lasts 30 seconds while each rest segment lasts 60 seconds. The resistance of the rest segments is 60 to 65% of the work segments. Interval training develops both the aerobic and anaerobic energy systems. During the high intensity segments the anaerobic energy system is used. During the low intensity segments the aerobic energy system works to repay the "oxygen debt" incurred during the high intensity segments. The repetition of the high intensity segments forces the body to adapt to higher demands thereby helping the user to develop enhanced performance capabilities.

| Time | | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Distance | | | Refer to notes | | | | | | | Refer to notes | | |
| Resistance | Warm Up | | Program Segments | Cool Down | | Cool Down | | Resistance | Warm Up | | Program Segments | Cool Down |
| Resistance | | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 1 | 2 | 3 | 4 |
| 10 | 1.00 | 7 | 9 | 11 | 13 | 14 | 9 | 9 | 8 | 7 | 6 | 4 |
| 9 | 0.95 | 7 | 8 | 10 | 12 | 13 | 8 | 8 | 7 | 6 | 5 | 3 |
| 8 | 0.92 | 6 | 8 | 10 | 11 | 12 | 7 | 7 | 6 | 5 | 4 | 3 |
| 7 | 0.85 | 6 | 7 | 9 | 10 | 11 | 6 | 6 | 6 | 5 | 4 | 2 |
| 6 | 0.77 | 5 | 7 | 8 | 9 | 10 | 6 | 6 | 6 | 5 | 4 | 2 |
| 5 | 0.65 | 5 | 6 | 7 | 8 | 9 | 5 | 5 | 5 | 4 | 3 | 2 |
| 4 | 0.62 | 4 | 5 | 6 | 7 | 8 | 5 | 5 | 5 | 4 | 3 | 2 |
| 3 | 0.58 | 4 | 5 | 6 | 6 | 7 | 4 | 4 | 4 | 3 | 2 | 2 |
| 2 | 0.54 | 3 | 4 | 5 | 6 | 6 | 4 | 4 | 4 | 3 | 2 | 1 |
| 1 | 0.49 | 2 | 3 | 4 | 4 | 5 | 3 | 3 | 3 | 3 | 2 | 1 |
| elevation | | Warm Up | | | | Program Segments | | | Cool Down | | | |
| Elevation | Multiplier | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 1 | 2 | 3 | 4 |
| 10 | 1.00 | 2 | 2 | 3 | 4 | 5 | 5 | 5 | 4 | 3 | 2 | 2 |
| 9 | 1.00 | 2 | 2 | 3 | 4 | 5 | 5 | 5 | 4 | 3 | 2 | 2 |
| 8 | 1.00 | 2 | 2 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 2 | 2 |
| 7 | 0.83 | 2 | 2 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 2 | 2 |
| 6 | 0.83 | 2 | 2 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 2 | 2 |
| 5 | 0.83 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 |
| 4 | 0.83 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 2 |
| 3 | 0.67 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 2 |
| 2 | 0.50 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 1 | 0.33 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |

## COMPUTER OPERATION

### P-11 Interval 2

This program is designed for those who desire a higher intensity interval training program. It uses a fixed incline with variable resistance applied in a repeating 1:1 work to rest ratio. Each work and rest segment lasts 60 seconds. The resistance of the rest segments is approximately 55 to 65% of the work segments. Interval training is designed to tax both the aerobic and anaerobic energy systems. During the high intensity segments the anaerobic energy system is used. During the low intensity segments the aerobic energy system works to repay the "oxygen debt" incurred during the high intensity segments In Interval 2 the extended work segment creates a greater "oxygen debt" than Interval 1 putting greater demand on both energy systems, forcing even greater adaptation to the imposed demands.

| Time | | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Distance | | Refer to notes | | | | | | | | Refer to notes | | | |
| | | Warm Up | | | | Program Segments | | | | Cool Down | | | |
| Resistance | | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 10 | 1.00 | 4 | 6 | 7 | 8 | 20 | 20 | 10 | 10 | 8 | 7 | 6 | 4 |
| 9 | 0.95 | 3 | 5 | 6 | 7 | 19 | 19 | 10 | 10 | 7 | 6 | 5 | 3 |
| 8 | 0.92 | 3 | 4 | 5 | 6 | 18 | 18 | 9 | 9 | 6 | 5 | 4 | 3 |
| 7 | 0.85 | 2 | 4 | 5 | 6 | 17 | 17 | 9 | 9 | 6 | 5 | 4 | 2 |
| 6 | 0.77 | 2 | 4 | 5 | 6 | 16 | 16 | 8 | 8 | 6 | 5 | 4 | 2 |
| 5 | 0.65 | 2 | 3 | 4 | 5 | 14 | 14 | 8 | 8 | 5 | 4 | 3 | 2 |
| 4 | 0.62 | 3 | 4 | 4 | 5 | 12 | 12 | 7 | 7 | 5 | 4 | 4 | 3 |
| 3 | 0.58 | 2 | 2 | 3 | 4 | 10 | 10 | 7 | 7 | 4 | 3 | 2 | 2 |
| 2 | 0.54 | 1 | 2 | 3 | 4 | 8 | 8 | 6 | 6 | 4 | 3 | 2 | 1 |
| 1 | 0.49 | 1 | 2 | 3 | 3 | 6 | 6 | 6 | 6 | 3 | 3 | 2 | 1 |
| | | | | | | | | | | | | | |
| | | Warm Up | | | | Program Segments | | | | Cool Down | | | |
| Elevation | Multiplier | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 10 | 1.00 | 2 | 2 | 3 | 4 | 5 | 5 | 5 | 5 | 4 | 3 | 2 | 2 |
| 9 | 1.00 | 2 | 2 | 3 | 4 | 5 | 5 | 5 | 5 | 4 | 3 | 2 | 2 |
| 8 | 1.00 | 2 | 2 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 2 | 2 |
| 7 | 0.83 | 2 | 2 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 2 | 2 |
| 6 | 0.83 | 2 | 2 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 2 | 2 |
| 5 | 0.83 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 |
| 4 | 0.83 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 |
| 3 | 0.67 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 |
| 2 | 0.50 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 1 | 0.33 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |

## COMPUTER OPERATION

**P-12 Hill Interval**

The Hills program is designed to give the user the experience of hiking in hilly terrain. This program uses intervals of moderate resistance and incline to simulate relatively flat areas and intervals of substantially greater incline and resistance to simulate steeper grades. The two-minute work segments offer a more prolonged interval challenge, while the equal rest period allows for adequate recuperation.

| Time | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 | :30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Distance** | | | | | | | | | | | | | | | | |
| | Warm Up | | | | Program Segments | | | | | | | | Cool Down | | | |
| **Resistance** | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 |
| 10 | 4 | 5 | 6 | 7 | 8 | 8 | 8 | 8 | 12 | 12 | 12 | 12 | 7 | 6 | 5 | 4 |
| 9 | 4 | 5 | 6 | 7 | 8 | 8 | 8 | 8 | 10 | 10 | 10 | 10 | 7 | 6 | 5 | 4 |
| 8 | 3 | 4 | 5 | 6 | 7 | 7 | 7 | 7 | 9 | 9 | 9 | 9 | 6 | 5 | 4 | 3 |
| 7 | 3 | 4 | 5 | 6 | 7 | 7 | 7 | 7 | 8 | 8 | 8 | 8 | 6 | 5 | 4 | 3 |
| 6 | 3 | 3 | 4 | 5 | 6 | 6 | 6 | 6 | 7 | 7 | 7 | 7 | 5 | 4 | 3 | 3 |
| 5 | 3 | 3 | 4 | 5 | 6 | 6 | 6 | 6 | 5 | 5 | 5 | 5 | 5 | 4 | 3 | 3 |
| 4 | 2 | 2 | 3 | 4 | 5 | 5 | 5 | 5 | 6 | 6 | 6 | 6 | 4 | 3 | 2 | 2 |
| 3 | 2 | 2 | 3 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 3 | 2 | 2 |
| 2 | 2 | 2 | 2 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 2 | 2 |
| 1 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 |
| | | | | | | | | | | | | | | | | |
| | Warm Up | | | | Program Segments | | | | | | | | Cool Down | | | |
| **Elevation** | 1 | 2 | 3 | 4 | 1 | | | | 2 | | | | 1 | 2 | 3 | 4 |
| 10 | 3 | 4 | 5 | 6 | 6 | 6 | 6 | 6 | 10 | 10 | 10 | 10 | 6 | 5 | 4 | 3 |
| 9 | 3 | 3 | 4 | 5 | 5 | 5 | 5 | 5 | 10 | 10 | 10 | 10 | 5 | 4 | 3 | 3 |
| 8 | 3 | 3 | 4 | 5 | 5 | 5 | 5 | 5 | 9 | 9 | 9 | 9 | 5 | 4 | 3 | 3 |
| 7 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 9 | 9 | 9 | 9 | 4 | 3 | 3 | 3 |
| 6 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 8 | 8 | 8 | 8 | 4 | 3 | 3 | 3 |
| 5 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 8 | 8 | 8 | 8 | 3 | 3 | 3 | 3 |
| 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 7 | 7 | 7 | 7 | 3 | 3 | 3 | 3 |
| 3 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 7 | 7 | 7 | 7 | 3 | 3 | 2 | 2 |
| 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 6 | 6 | 6 | 6 | 3 | 3 | 2 | 2 |
| 1 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 6 | 6 | 6 | 6 | 3 | 3 | 2 | 2 |

## IMPORTANT STEPS

**Warning**:

Before using this product, please consult your personal physician for a complete physical examination.  Frequent and strenuous exercise should be approved by your doctor first.  If any discomfort should result from your use of this product, stop exercising and consult your doctor.  Proper usage of this product is essential.  Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising.  Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened prior to.  Periodic maintenance is required on all exercise equipment to keep it in good condition.  Check for loose bolts and hardware before each use.

**Before beginning**:

How you begin your exercise program depends on your physical condition.  If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone.  However, your aerobic fitness will improve over the next six to eight weeks.  Don't be discouraged if it takes longer.  It's important to work at your own pace.  Ultimately, you'll be able to exercise continuously for 30 minutes.  And the better your aerobic fitness, the harder you will have to work to stay in your target zone.  But remember these essentials:

- Contact your physician before starting a workout or training program.  Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

- Begin your training program slowly with realistic goals that have been set by you and your doctor.

- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently.  If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck.  Establish your target heart rate based on your age and condition.

- Drink plenty of fluids during the course of your routine.  You must replace the water content lost from excessive exercising to avoid dehydration.  Avoid drinking large amounts of cold liquids.  Fluids should be at room temperature when consumed.

The Surgeon General has determined that lack of physical activity is detrimental to your health.

## TARGET HEART RATE

**Finding your pulse**:

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on the left side of your neck, in the notch between the windpipe and the large neck muscles. When you detect your pulse, use as little pressure as possible while you are counting beats. Too much pressure on your carotid artery will result in abnormally low heart rates. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.

**YOUR HEART RATE** in beats per minute (vertical axis: 80, 100, 120, 140, 160, 180, 200)

**YOUR AGE** in years (horizontal axis: 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70)

**ADVANCED**: Sports, athletic conditioning or interval training

**FITNESS**: Optimal training, aerobic or cardiovascular

**HEALTH**: Beginner, low intensity with long duration produces fat burning
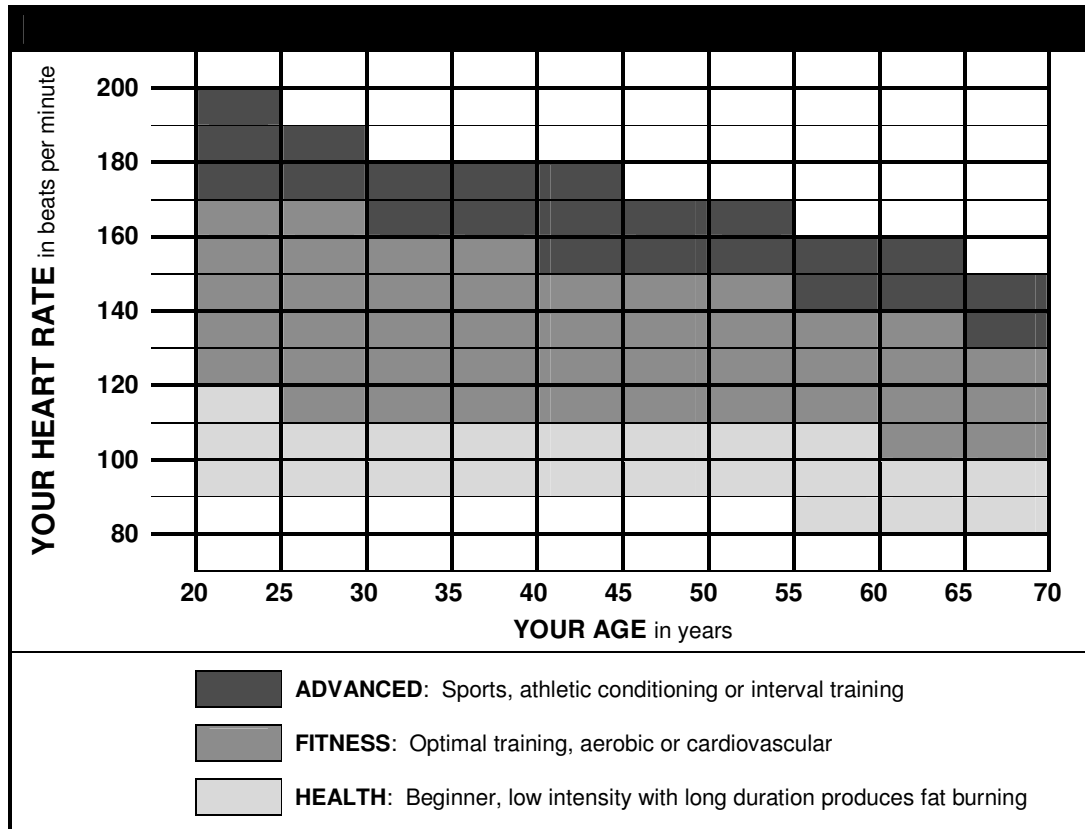
**Aerobic exercise**:

Is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

## MUSCLE CHART

**Targeted muscle groups**:

The exercise routine that is performed on this product will develop primarily lower body muscle groups.  These muscle groups are shown in gray color on the chart below.
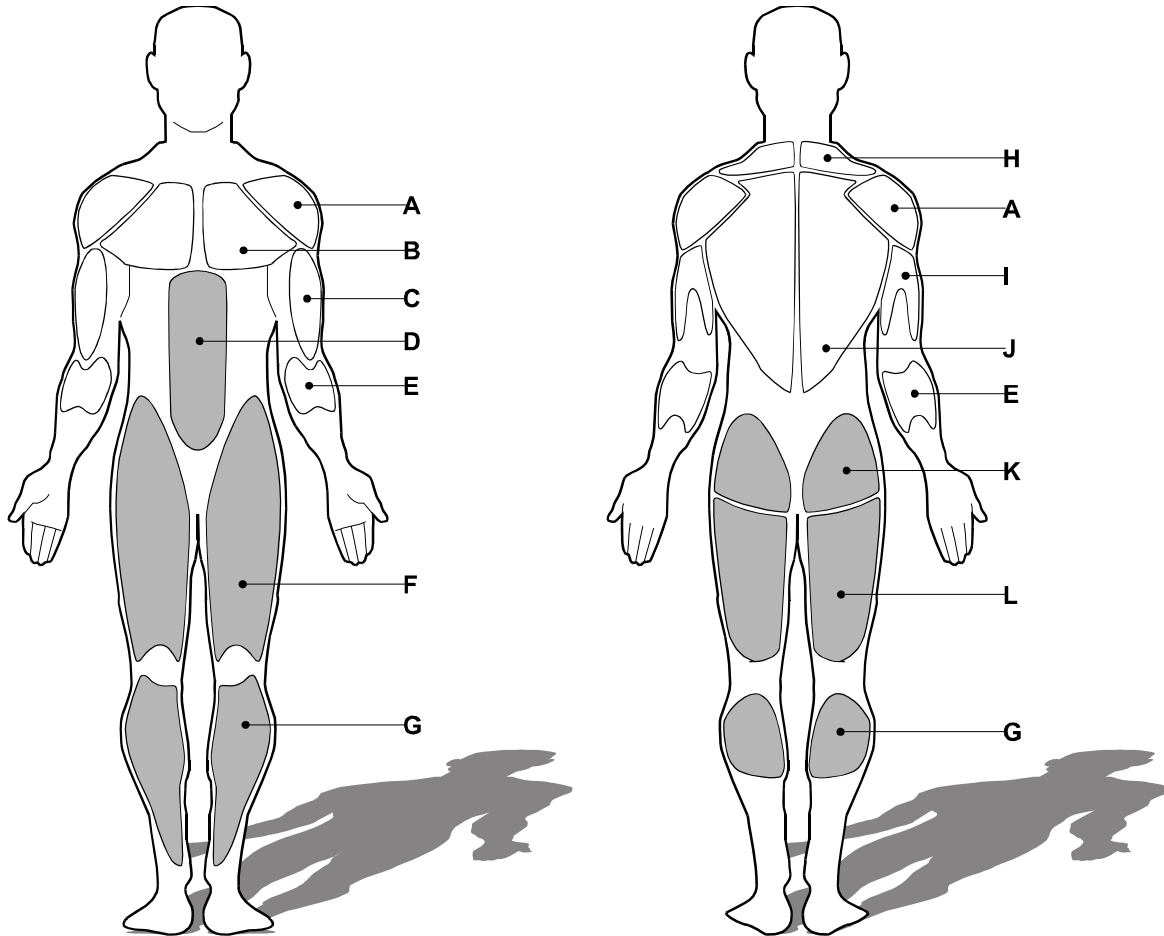
**MUSCLE GROUPS**

| A | Deltoid muscles | Gastrocnemius muscles | G |
| B | Pectoral muscles | Trapezius muscles | H |
| C | Bicep muscle | Tricep muscles | I |
| D | Abdominal muscles | Latissimus muscles | J |
| E | Writs flexor muscles | Gluteus muscles | K |
| F | Quadricep muscles | Hamstring muscles | L |

## STRETCHING ROUTINE

**Warm up and cool down**:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down.  Do the entire program at least two and preferably three times a week, resting for a day between workouts.  After several months, you can increase your workouts to four or five times per week.
Warming up is an important part of your workout, and should begin every session.  It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.  At the end of your workout, repeat these exercises to reduce sore muscle problems.  We suggest the warm-up and cool-down exercises on the following pages:

**Toe Touch:**
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.
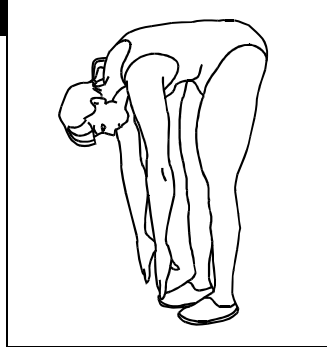
**Shoulder Lift:**
Lift your right shoulder up toward your ear for one count.  Then lift your left shoulder up for one count as you lower your right shoulder.
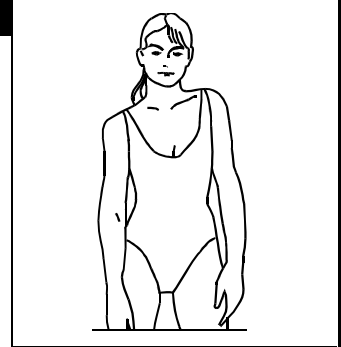
**Inner Thigh Stretch:**
Sit with the soles of your feet together with your knees pointing outward.  Pull your feet as close into your groin as possible.  Gently push your knees towards the floor. Hold for 15 counts.
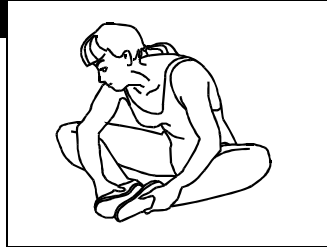
**Hamstring Stretch:**
Sit with your right leg extended.  Rest the sole of your left foot against your right inner thigh.  Stretch toward your toe as far as possible.  Hold for 15 counts. Relax and then repeat with left leg extended.
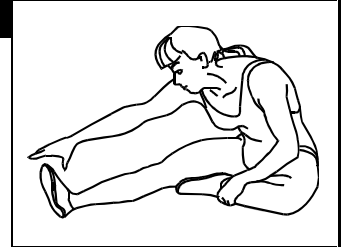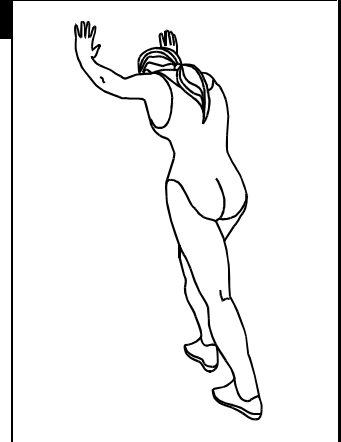
**Side Stretch:**
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count.  Feel the stretch up your right side. Repeat this action with your left arm.
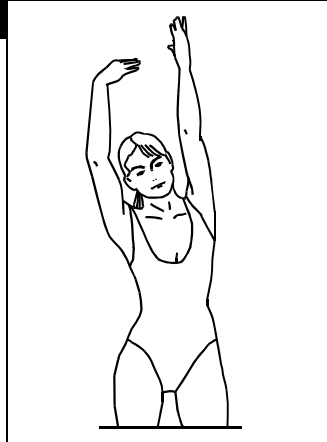
**Calf-Achilles Stretch:**
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall.  Hold, and then repeat on the other side for 15 counts.

**Head Roll:**
Rotate your head to the right for one count, feeling the stretch up the left side of your neck.  Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.
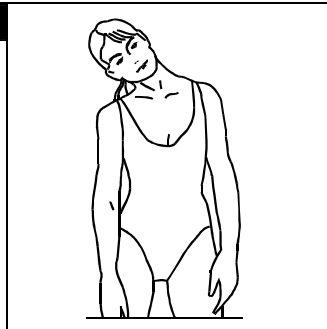
## TROUBLESHOOTING

**Troubleshooting**

**NOTE**: Do not touch any internal electric wires.  Contact Cybex Customer Service for a list of certified Cybex Service Technicians in your area.

**Home Arc Trainer will not start**:

1.  Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet and the surge protector is turned on (refer to the Power Requirements section in this manual).

2.  Check the circuit breaker reset switch located on the front of the Home Arc Trainer.  Turn the power off, wait 5 minutes then press the rest switch.

3.  Check the house electrical breaker box and the circuit breaker for the room the Home Arc Trainer is located in.  If it has tripped, reset or have an electrician replace the breaker in home.

4.  Have an electrician check for inadequate voltage at the outlet.

**Home Arc Trainer looses power during use**:

1.  Check the circuit breaker reset switch located on the front of the Home Arc Trainer.  Turn the power off, wait 5 minutes then press the rest switch.

2.  Check the house electrical breaker box and the circuit breaker for the room the Home Arc Trainer is located in.  If it has tripped, reset or have an electrician replace the breaker in home.

**Contacting Customer Service:**

Hours of phone service are Monday through Friday from 8:30 a.m. to 6:00 p.m. Eastern Standard Time.

For customers living in the USA, contact Cybex Customer Service at 888-462-9239.

For customers living outside he USA, contact Cybex Customer Service at 508-533-4300 or fax 508-533-5183.

Order parts and find information on the web at for by e-mail at techhelp@cybexintl.com.